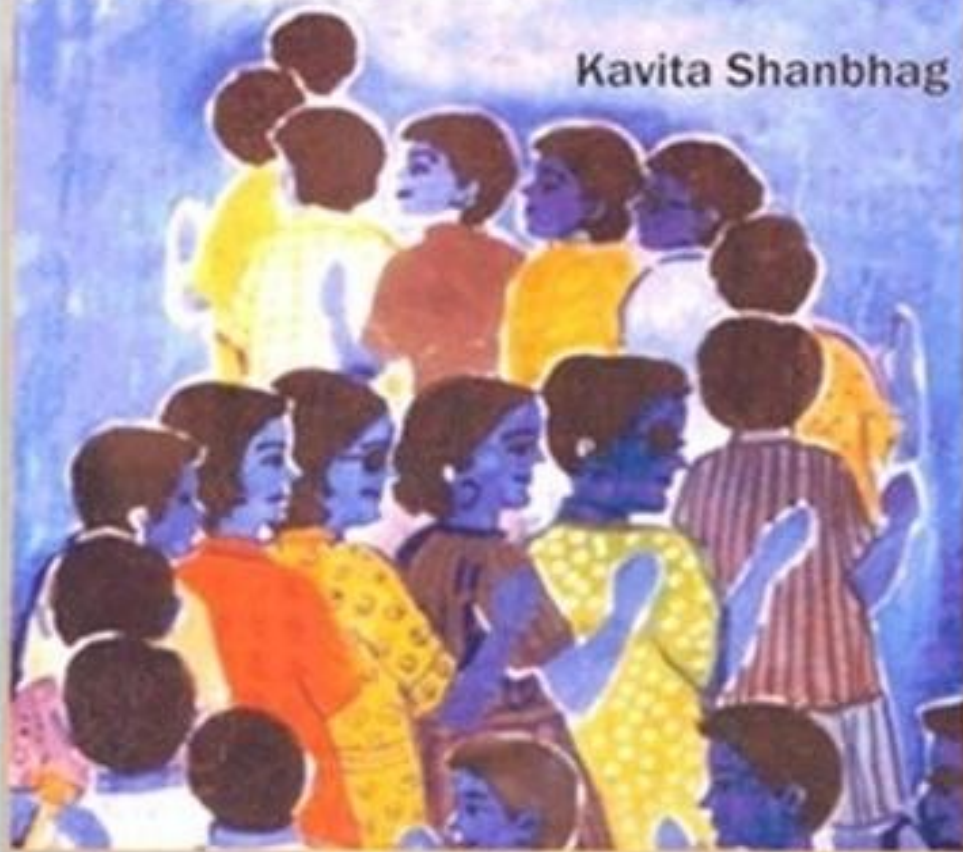


3<sup>rd</sup> Revised Edition

**CHILDRAISE RESOURCE GUIDE FOR CHILDREN WITH SPECIAL NEEDS**

# **JOURNEY TO EMPOWERMENT**

Kavita Shanbhag



**ChildRaise Resource Guide  
for Children with Special Needs**

***Journey  
to  
Empowerment***

**Kavita Shanbhag**

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**Rs. 500/-**

### **Disclaimer**

The Author has taken utmost care and efforts to ensure the completeness and accuracy of information presented in this resource guide, but there may be some omissions and errors due to changes in telephone numbers and addresses. The author is not responsible for the authenticity of description of the institutions or services provided.

*This book is dedicated  
To You, the Traveler of  
“Journey to Empowerment.”*

## **FOREWORD**

This **Resource Guide 'Journey to Empowerment'** serves as a light-house amidst the unclear waters of ignorance, feeling of being lost, confused or unguided. Dissemination of information regarding certain handicapping conditions in simple words is effective in enabling people to understand the condition from all perspectives.

The provision of addresses of Service Centres, has made 'Journey To Empowerment' a very useful parent guide. The accounts of successful rehabilitated persons serves like a beacon of hope which will give a sense of focus and direction to many parents in helping their children.

**I wish all the best to the author Kavita Shanbhag, in her endeavours and to the parents in their 'special journey'!**

**Dr. Dharmishta Mehta**

(Former) Reader, Special Education Department  
S.N.D.T. Women's University, Juhu, Mumbai.



## REVIEW

**By Dr. Surekha Rajadhyaksha M.D. DCH,**

Consultant in Pediatrics & Pediatric Epilepsy-Deenanath Mangeshkar Hospital,  
Pune, Prof. – Bharati Vidyapeeth, Pune.

---

We, as young newly married couples are totally unprepared to bring up a normal baby. Through errors of commissions and omissions we manage to bring up our children to the best of our abilities. The challenge really arises in bringing up a special child. It teaches you patience, tolerance, empathy and draws us towards the Almighty.

Parents run from pillar to post to seek the right advice, follow it and wonder ‘are we doing the best for our child’. There are many who offer advice, sometimes wanted and often unwarranted. One wishes to have more authentic information. “Journey to Empowerment” is a resource guide compiled by Ms Kavita Shanbhag which provides the approach to the right track for help.

This is a book written from the heart of a mother, a special educator, a versatile creative mind who gives us enormous information. Some of the phrases used by Kavita are very apt. ‘Children are not disabled but differently abled’. As mentioned in the book there are no short cuts. One has to seek advice from the right person and follow it to enable your child to be as independent as possible and try to make him a contributory member of society.

The directory for education in integrated schools, special schools, slow learner schools, for children with motor disability, visual and the hearing impaired, NIOS schools, vocational training centers, sheltered workshops etc may look exhaustive but such information is really essential as one should be practical and seek admission to a centre suitably situated near one’s residence. The book can be utilized by the health professionals also to guide the patient to a nearby center.

Review (Cont...)

There are many aspects of legislation one is unaware of, such as monetary benefits, traveling concessions, tax benefits which one should honestly and rightfully utilize.

This book offers information which one should use to rise to the situation and find a path which will make a difference in bringing up your special child. This book is suitably complemented by the website [www.childraise.com](http://www.childraise.com) which is updated regularly to provide the latest information in the field. 'Journey to Empowerment' is a must for all caretakers looking after the challenged child.



**First Edition Resource Guide: Journey to Empowerment - Release Ceremony (2004)**  
(From L to R) : Mrs.Pushpatai Kishore Avarsekar of Unity Infraprojects Ltd., Dr.Pravina Shah (President, Indian Epilepsy Association-Mumbai), Mrs.Vimla Patil (Former *Femina* Editor, prominent journalist), Kavita Shanbhag (Founder & Managing Trustee, ChildRaise Trust)

# HEART TO HEART

## 1st Edition- 2004

It all started in 2001 with the launching of my website: [www.childraise.com](http://www.childraise.com) , **a website committed to the Empowerment of Children and Adults with Special Needs & Disability Issues.** Having been in the field of rehabilitation for the past 25 years, I have realised the wonderful power of knowledge and its magical ability to transform lives. But sadly, the information was not available in a compiled form when I started my journey in the special education field. I felt, each disability was an isolated island, having no connection with other disabilities and without a common platform. If a child had multiple disabilities with associated problems, the parents were completely lost and had to run from pillar to post.

I earnestly felt the urge to relate to as many parents as possible who were desperately groping in the dark with their children with special needs. With the advent of computers, and reach of the internet, I grabbed the opportunity to disseminate the information about major disabilities to the best of my ability.

**Childraise.com**, in the form of a webzine, started a dialogue between parents, children, young adults with special needs and me. I cherished this relationship and rapport. But the website had its limitations. The idea of a book took shape considering the technology limitations and the limited usage of the internet by the target group especially the mothers who looked after the child with special needs.

Initially, the website included Rehabilitation Services pertaining only for Mumbai. Later, I added centres for the mentally challenged children in the city of Pune. The data collection was still in progress when the idea of the 1<sup>st</sup> edition of this resource guide materialized in 2004. I am glad that I could incorporate the information covering all disabilities in Mumbai and Pune.

This resource guide mainly focuses on rehabilitation services in Mumbai. But we have listed few representative centres in Pune & other parts of Maharashtra. For information of centres outside Mumbai, parents can seek guidance from Apex National Institutes listed in this guide. I have mentioned useful website addresses and existing city directories which they can refer to. I intend to reach every parent having a child with special needs who lacks resources or knowledge about them. Perhaps now their future may be just a click away!

I have realised that the work on this kind of a resource book and a directory is never complete. A website and a book are two different media of imparting information, each having its own plus and flip side. Efforts have been taken to compile the information, check its authenticity, and present it with minimum flaws. Simultaneously, our website [www.childraise.com](http://www.childraise.com), can complement the book with updated information to offer the best of both worlds.

The process of writing this guide has been an extremely fulfilling experience for me. Interactions with other organisations, parents, care-givers, wellwishers, donors, volunteers etc. have strengthened my belief that if we travel this 'Journey to Empowerment' together **“We Can and We Shall Make the Difference!”**

### **II<sup>nd</sup> Revised Edition- 2010**

The revised edition was long overdue but the updation work was daunting. 50% of the phone numbers & addresses have changed since 2004, when the I<sup>st</sup> edition was released. Now, so many things have changed. New pathbreaking laws, initiatives, theories, technology, mobile no.s, websites had to be added. The work was never ending. But, I was motivated by the immediate need to reach out. The feeling is the same. Many more things I want to share with you all, but once again I realise, this kind of work is never complete. I hope, the readers will appreciate & benefit from the II<sup>nd</sup> Revised Edition.

**Reprint-2012** The Resource Guide Journey to Empowerment was reprinted in 2012. The response to the II Edition was fantastic. We had to reprint it to meet the demand. From parents to professionals all welcomed the book.

### **III<sup>rd</sup> Revised Edition – 2018**

We had to work harder as there were a lot of changes happening in the disability sector. The Disability Law has changed, use of mobile phones & apps, accessibility tools, new initiatives & many more things are on the horizon now. For this edition, we thought of including a whole lot of new things. Hope, our readers welcome them.

# THANKS

## 1st Edition

The first edition of this book is the outcome of [www.childraise.com](http://www.childraise.com). I thank *Mrs. Pushpa* and *Mr. Kishore Avarsekar* of Unity Infraprojects Ltd. for extending monetary support to launch the website and more so for sharing my dreams. I also thank *Mrs. Laxmi* and *Mr. Shivanand Mankekar* and all other contributors to the website for creating the foundation of “Journey to Empowerment.”

I am grateful to *Dr. Dharmishta Mehta* for checking the draft and suggesting required changes. *Late Mr. Damodar Tilak, Mrs. Vimal Telang, Dr. H.T. Dholakia, Mrs. Pratima Havaladar, Dr. Savita Tonsey, Dr. Manoj Bhatawdekar, Dr. Surekha Rajadhyaksha, Dr. Anjali Gokam, Mrs. Chandrama Bijoor, Mrs. Radhika Trasi, Mrs. Anjali Burma, Mr. Nandan Savnal, Mrs. Smita Abhyankar, Ms. Shobha Kanvinde, Ms. Vishakha Mehta, Mr. Suhas Karnik, Mr. Ketan Kothari, Mrs. Neha Pawaskar, Mrs. Bina Modak, Mrs. Alka Baghdadi, Mrs. Chitra Iyer* of Forum for Autism, *Mrs. Pranita Madkaikar, Mrs. Gargi Mhatre, Pace, ChildReach, AWMH* and many other organisations & friends who have provided the bricks of information to build this book. My sincere thanks to *Mr. Rajiv Naik Associates* for data processing and simultaneously updating the website.

I thank my superiors, colleagues and friends from Reserve Bank of India, who encouraged me and thoughtfully provided bits of useful information from newspapers, magazines etc. My friend *Mrs. Raksha Parkar* introduced me to her sister *Mrs. Shubhada Upadhye* working with MTNL, who helped me to update the telephone numbers which was otherwise a tough task. I specially thank my friends and colleagues, *Mr. Francis Koli* and *Abhay Mohite* for designing the creative symbols in this resource guide and making the “Journey” comfortable for us.

I wish to remain indebted to the wonderful members of my extended family, members of Samman –Indian Epilepsy Association, Bombay Chapter, especially *Dr. Urvashi Shah, Dr. Bina Sawant* and *Carol D'Souza* who have lent friendly support, *Dr. B.S. Singhal* for his constant encouragement and Samman's mother figure *Dr. Pravina Shah*, for being an exemplary role model and for invaluable guidance.

I appreciate my husband *Devrai's* suggestion to name the website as 'ChildRaise'. I express my deep gratitude for supporting and encouraging me always. Lots of love to my daughter *Preeti*, son *Rohan* and my niece *Shloka*, who have been my secretaries, telephone operators and critics all rolled in to one. I am blessed to have parents like Mrs. *Muktabai Chandaver* and late *Mr.Sanjiv Chandaver* who have instilled the seeds of faith, compassion and positivity in me. I am thankful to my sister -in-law, *Mrs. Smita Chandaver* for actively supporting me in this endeavour. I am grateful to my entire family for being with me in all my trials and triumphs.

I do not have enough words to express my gratitude to *Prasad Ghadi* for the cover and other drawings. In spite of his failing health due to his Spinal Muscular atrophy, he presented me the cover drawing which proved to be his last. I am ever grateful to him & his parents Mr. Nagesh & Mrs. Sharayu Ghadi. This cover is our prized possession. We also thank *Sahil Baghdadi* for the pencil sketches and all the Travelogue Contributors who have taken the book on a higher plane. I thank *Mr.P.M.Shenvi*-Manager of Strand Book Stall for guiding me to the right publisher *Mr J.S.Sethi* of English Edition and his dedicated team.

### **II<sup>nd</sup> Edition**

I would have been happier if *Mr. Sethi* of English Edition & *Prasad Ghadi* were here to share the joy with me of publishing the II Edition. May their souls rest in peace. I earnestly thank *Ms. Kavita Rane*, my assistant, who has worked tirelessly to help me update the information for this revised edition. I thank *Mr. Pranav Deobhakta* of Concept Caliber for giving a great new look to [www.childraise.com](http://www.childraise.com) which complements this resource guide & *Mrs. Nilima Rawool* of Caizen Creations & her team for giving this revised edition an attractive look.

### **III<sup>rd</sup> Edition**

This edition saw the light of the day because my assistant Komal Paladiya working resolutely on it. I thank Nilima Rawool of Caizen Creations, Nikhita Sancheti & my nephew Neeraj for their creative inputs. I am indebted to my son Rohan, my daughter in law Amruta & her sister Ankita Veer for their invaluable help during the publication of this III Revised Edition. Thanks to Prime Press for beautiful printing.



# ChildRaise Trust

**‘ChildRaise Trust’ is an organization Committed to the Empowerment of Children and Adults with Special Needs/ Disabilities & their Caregivers.**

**RAISE is Rehabilitation, Awareness, Information, Support & Education.**

## **Activities & Support Services of ChildRaise Trust**

- [www.childraise.com](http://www.childraise.com)  
This up to date website provides information of resources & rehabilitation services-the addresses, phone no.s, websites,social media pages in Mumbai, Pune,Goa, Bangalore, Delhi etc..**In short, it is Yellow Pages of Disability Services at No Cost.**
- **‘DISHA’ -Divyangjan / Disability Information Services: Helpline & Assistance**  
**Toll free number -1800-22-1203**
- **ChildRaise Centre for Assessment, Counselling, Remedial & Art therapy**
- **Resource Guide for Children with Special Needs**
- **‘Journey to Empowerment’ Author: Mrs. Kavita Shanbhag, Founder, ChildRaise**
- **Workshops for children with special needs, parents & caregivers.**
- **Library facility for Parents & Children.**
- **‘Celebration of Spirit’ Greeting Cards by Prasad Ghadi** an ‘artist with a difference’ who transcended pain of Spinal Muscular Atrophy to create great paintings.
- **Art Avenue:** Exhibitions & Sale to promote handcrafted articles by children with Special Needs and volunteers.
- **D Tour: Disability & Diversity Awareness Drive**  
D Tour is a Day Tour to sensitize general public to different dimensions of Disability. We take members to some dedicated organizations, places initiated by parents, social entrepreneurs where their story discloses the journey from dependence to independence.

## **‘DISHA’**

**Divyangjan /Disability Information Services: Helpline & Assistance**  
**Toll-Free number: 1800-22-1203**

**‘ChildRaise Trust’ is committed to the empowerment of children and adults with special needs & disabilities. We firmly believe that**

**‘Information Is Power & It Can Change Lives’.**

To fulfill our mission, we started DISHA, our Toll free telephone service in 2010. ‘DISHA’ is an acronym for Divyangjan / Disability Information Services: Helpline & Assistance. It also means the ‘Direction’ to the user group.

**DISHA Toll-free number is 1800-22-1203.**

**The last four digits signify the ‘International Day for Persons with Disabilities’ which is observed every year on December 3<sup>rd</sup> (1203).**

### **Why the need?**

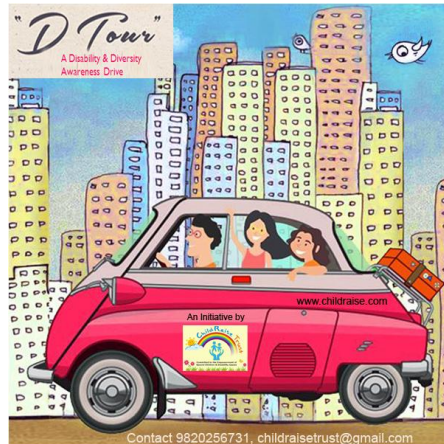
As per Census 2011, in India, out of the 121 Crore population, about 2.68 Crore persons are ‘disabled’ which is 2.21% of the total population. These include persons with Seeing, Hearing, Speech, Movement, Mental Retardation, Mental Illness, Multiple Disability and any other disabilities.

But the disability services, facilities & operating helplines are very few in comparison.

Being a Cross-disability helpline ‘DISHA’ provides basic information about various disabilities helps to identify and helps in early intervention. It provides information about special education facilities, vocational centers, professionals in the field, rehab facilities, laws, certification issues etc. in order to maximize the potential & inclusion of a person with disability.

We are partnering with other pioneer organisations to be our Knowledge/Area Partners, thus, making it a ‘Unique Participatory Project’.

## ChildRaise 'D Tour'



'D Tour' is a Day Tour to sensitize general public about Disability. We take members to some dedicated organizations, places initiated by parents, social entrepreneurs where their story discloses the journey from dependence to independence. 'D Tour' will help to decode how people with special needs have abilities & disabilities just like others and to debunk many myths surrounding Divyangjan (Person with Disability).

### 'D Tour' Objectives:

- To spread awareness & sensitize tour members to dimensions of disability.
- To discover how people with special needs have a life just like us.
- To debunk many myths and deepen your understanding of the Differently abled / Divyangjan.

D tour was announced on National Tourism Day on January 25<sup>th</sup> in 2017.

We are very proud that we are the initiators of 'D Tour' which is a part of 'Social Tourism'.



## ***LIFE IS A JOURNEY...***

It is said that ***Life is a journey!***

If you are a parent, care-giver of a child with special needs, it is more of an expedition, a journey with a 'special' purpose requiring a lot of groundwork and planning. During this difficult journey, you may fervently search for an even ground, long for the dark tunnels to end. The trying moments will be many, but do not give up. There is always a light at the end of the tunnel.

It certainly helps to have a roadmap when you are embarking on this kind of an unusual and tough journey. This book will navigate you through the route helping you overcome obstacles and pitfalls.

En route you will come across notes with some helpful tips. Make use of the bridges in the form of poems, sayings & travelogues to inspire you. They will give you the strength to move on.

Parents who have travelled down this path suggest..

**Start the journey with a ticket of determination!**

**If tired, do take halts.....**

**Refresh yourself! Review your strategies and**

**Set out once again for your *destination!***

***Wish You Empowerment!!!***

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# INITIATION

## **International Disability Colour Code**

**Yellow colour** denotes Disability.

**Blue colour** denotes Rights of the person with Disability.

## **Disability Statistics**

As per Census 2011, in India, out of the 121 Crore population, about 2.68 Crore persons are 'disabled' which is 2.21% of the total population. These include persons with Seeing, Hearing, Speech, Movement, Mental Retardation, Mental Illness, Multiple Disability and any other disabilities.

## **Models of Disability**

Initially, we used to follow Charity model. Then we had medical, economic and Social models. Now, with awareness, more studies, research and deeper Understanding, we have moved to Human Rights model.

**Charity Model-** Person with disability is not an agent of their own life but rather a recipient of care, cure & protection.

**Medical Model-** Person with Disability is treated purely as someone with a part of the body or mind which is not working and needs to be fixed or cured.

**Economic Model-** Value based on productivity.

**Social Model-** People are disabled by society- aim is to remove barriers.

**Human Rights Model-** Person with Disabilities should have access to everything within their society and community on an equal basis with others.

## Examples












Situation	Charity Model	Medical Model	Social Model	Rights-based Model
Young women using a wheelchair	"What a pity, this beautiful woman is bound to a wheelchair, she'll never be able to marry, have children and care for her family."	"Oh, this poor woman, she should go to a doctor and discuss with him if there is a therapy which could enable her to walk again, like everybody else."	"The community really should build ramps in front of public buildings, so that persons like her can participate in social life."	"When she gets a job, her employer will have to build accessible rooms. This is her right!"
Man with an intellectual disability	"Look at this poor confused man; he seems to be mentally retarded, it would be better for him to live in a fostered home, where somebody will take care of him."	"Perhaps there is some medicine or treatment which could improve his perception. He should try a psychiatrist."	"It's a good solution that he lives with his brother, so he is surrounded by non-disabled people."	"Where does he want to live? Let's go and ask him!"
Parents with a hearing-impaired daughter	"It must be very sad having a child and knowing that she will never be able to live on her own."	"I'm sure in a few years there'll be a hearing aid available which will make this child able to hear better."	"We should all learn sign language, so that we can communicate with this child and all other hearing-impaired people."	"When this child grows up, she'll study at university, if she wants to."

## Abbreviations

• <b>AED</b> – Anti Epileptic Drugs
• <b>ADHD</b> -Attention Deficit Hyperactivity Disorder
• <b>ASD</b> – Autism Spectrum Disorder
• <b>ALIMCO</b> - Artificial Limbs Manufacturing Corporation
• <b>AWMH</b> – Association for the Welfare of Mentally Handicapped
• <b>BMA</b> – Blind Men's Association
• <b>BMC</b> - BrihanMumbai Mahanagar Corporation
• <b>CA</b> – Chronological Age
• <b>CGC</b> – Child Guidance Centre
• <b>CP</b> – Cerebral Palsy
• <b>COH</b> – Children's Orthopaedic Hospital
• <b>EEG</b> – Electroencephalograph
• <b>ELC</b> - Early Learning Centre
• <b>HI</b> – Hearing Impairment
• <b>IEDC</b> -Inclusive Education for Disabled Children
• <b>ID</b> – Intellectual Disability
• <b>IEP</b> – Individualised Educational Program
• <b>IQ</b> – Intelligence Quotient
• <b>LD</b> - Learning Disability
• <b>MA</b> – Mental Age
• <b>MC</b> - Mentally Challenged
• <b>MH</b> – Mental Handicap
• <b>MR</b> – Mental Retardation
• <b>MRI</b> – Magnetic Resonance Imaging
• <b>NAB</b> – National Association for the Blind
• <b>NASEOH</b> -National Society for Equal Opportunities for the Handicapped
• <b>NCPEDP</b> – National Centre for Promotion of Employment for Disabled People

• <b>NGO</b> – Non Governmental Organisation
• <b>NHFDC</b> – National Handicapped Finance & Development Corporation
• <b>NIHH</b> – National Institute for Hearing Handicap
• <b>NIMH</b> – National Institute for Mental Handicap
• <b>NIOH</b> – National Institute for Orthopaedic Handicap
• <b>NIPH</b> – National Institute for Physical Handicap
• <b>NIRTAR</b> – National Institute for Rehabilitation, Training & Research
• <b>NJDC</b> – National Job Development Centre
• <b>NIOS</b> –National Institute of Open School
• <b>OBE</b> - Open Basic Education
• <b>OH</b> – Orthopaedic Handicap
• <b>OT</b> – Occupational Therapist
• <b>PHI</b> – Physical Impairment
• <b>PT</b> – Physiotherapist
• <b>PWD</b> – Person /People with Disability
• <b>RAC</b> – Recreational Activity Club
• <b>RCI</b> - Rehabilitation Council of India
• <b>SD</b> – Speech Disorder
• <b>SEN</b> – Special Education Needs
• <b>Sh.W</b> – Sheltered Workshop
• <b>SHG/SG</b> – Self Help Group/Support Group
• <b>SI</b> - Sensory Integration
• <b>Sp.Ed T</b> – Special Education Teacher
• <b>Sp.Ed</b> – Special Education
• <b>Spl.Sch</b> – Special School
• <b>SSA</b> - Sarva Shiksha Abhiyan
• <b>ST</b> – Speech Therapist
• <b>VI</b> – Visual Impairment

## Symbols

<b>Initiation</b>	
<b>Introduction</b>	
<b>Orientation</b>	
<b>Education</b>	
<b>Vocation</b>	
<b>Rehabilitation</b>	
<b>Recreation</b>	
<b>Recondition</b>	
<b>Contribution</b>	
<b>Legislation</b>	
<b>Inclusion</b>	



## **Prayer**

**God,**

Grant me the **‘strength’** to face the things life has dealt,

Grant me the **‘patience’** to make it through another day.

Let me have the **‘courage’** to stand up for my child and I.

Help me to **‘accept’** the things I cannot change.

**‘Wisdom’** to understand and **‘provide’** the very best care  
for my child with special needs.

Most of all, God, grant me the **‘serenity’** to be the  
**‘Best parent and friend’** to my child!



## Chapter 1

# Introduction to Disability

When the parents realise that their child is '*Special*', and has a disabling condition with extraordinary needs, they are shattered.

They are shocked. They feel cornered, cheated for their child being different. They do not know how to deal with this challenging situation because there is neither a formula nor any roadmap.

In addition, during the course of the diagnosis, parents are bombarded with medical terms, jargons which make no sense and it adds to their misery.

Knowing the relevant terms can equip the parents to have better control of the situation. Gaining more knowledge about the various aspects of the disability concerning their child is the first step towards Empowerment. Let us start now...

## What is a Disability?

In simple words **Disability means incapacity or lack of some asset, attribute or quality which prevents one from performing any task.**

But what is a Disability as per our Indian Law?

### **Legal Definition According to RPWD Act 2016** **THE RIGHTS OF PERSONS WITH DISABILITIES ACT, 2016**

**“Person with Disability”** means a person with long term physical, mental, intellectual or sensory impairment which, in interaction with barriers, hinders his full and effective participation in society equally with others.

As per **THE RIGHTS OF PERSONS WITH DISABILITIES ACT, 2016**, the types of disabilities recognised have been increased from previous Seven (7) as per 1995 Act for People with Disabilities to presently Twentyone (21). And the Central Government will have the power to add more types of disabilities if they find appropriate.

**As per THE RIGHTS OF PERSONS WITH DISABILITIES ACT, 2016**  
**The 21 conditions considered as Disabilities are as follows**


1.     **Blindness**
2.     **Low-vision**
3.     **Leprosy Cured persons**
4.     **Hearing Impairment (deaf and hard of hearing)**
5.     **Locomotor Disability**
6.     **Dwarfism**
7.     **Intellectual Disability**
8.     **Mental Illness**
9.     **Autism Spectrum Disorder**
10.    **Cerebral Palsy**
11.    **Muscular Dystrophy**
12.    **Chronic Neurological conditions**
13.    **Specific Learning Disabilities**
14.    **Multiple Sclerosis**
15.    **Speech and Language disability**
16.    **Thalassemia**
17.    **Hemophilia**







18. Sickle Cell disease
19. Multiple Disabilities including deafblindness
20. Acid Attack victim
21. Parkinson's disease

Note: No.s 3, 6, 8, 14, 16, 17, 18, 20, and 21 are not discussed in this guide.

**Following hospitals are the Certifying Medical Authority in Mumbai & Pune.**

- 1) **J.J. Hospital for Mental Retardation, Autism, Visual impairment, Hearing Impairment & Physical disabilities (if accompanied by other disabilities)**
- 2) **Hospitals- a) Sion b) Nair c) KEM for Learning Disability**
- 3) **All India Institute of Physical medicine & Rehabilitation for Orthopaedic Impairments Only**
- 4) **Ali Yavar Jung Hospital for Hearing Impairment Assessment**
- 5) **Byramjee Jeejeebhoy Govt. Medical College & Sassoon General Hospital, Pune**

<b>J.J. Hospital</b> <b>(For Mental Retardation, Physical Disability with intellectual impairments, Autism, Visual and Hearing Impairment)</b>  22-23735555, 23754995, 23739400, 23750102, 23739034, 23739035, 23739040 <a href="http://www.gmcjjh.org">www.gmcjjh.org</a>	J J Marg, Nagpada-Mumbai Central, Off Jijabhoy Road, Mumbai - 400008.
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<b>B.Y. L. Nair Hospital (For Learning Disability)</b>  022-23027000 <a href="mailto:deantnmcmumbai@gmail.com">deantnmcmumbai@gmail.com</a> <a href="http://www.tnmcnair.com">www.tnmcnair.com</a>	Topiwala National Medical College & B. Y. L. Nair Charitable Hospital, Dr. A. L. Nair Road, Mumbai - 400008
<b>Sion Hospital (For Learning Disability)</b>  022-2407 6381,2406 3000 2409 2020, 2408 2504 <a href="mailto:atolsrikrishna@gmail.com">atolsrikrishna@gmail.com</a> <a href="http://www.ltmgh.com">www.ltmgh.com</a> King Edward Memorial (KEM) Hospital (For Learning Disability)   022-2410 7000 <a href="http://www.kem.edu">www.kem.edu</a> <a href="http://www.kem.edu/services-facilities/">http://www.kem.edu/services-facilities/</a>	Dr. Babasaheb Ambedkar Road, Sion (West), Mumbai – 400022.  Acharya Donde Marg, Parel, Mumbai 400 012.
<b>Ali Yavar Jung National institute of Speech and Hearing (Only for Assessment of Hearing Impairment)</b>  022-2640 0215, 26455937 <a href="http://www.ayjnihh.nic.in">www.ayjnihh.nic.in</a>	K.C. Marg, Bandra Reclamation, Bandra (W), Mumbai - 400050
<b>All India Institute of Physical Medicine &amp; Rehabilitation (Only Locomotor Impairments)</b>  022-2354 4332, 23544341, 23515765 <a href="http://www.aiipmr.gov.in">www.aiipmr.gov.in</a>  <a href="http://aiipmr.gov.in/Disability_Certificates.aspx">http://aiipmr.gov.in/Disability_Certificates.aspx</a>	K. Khadye Marg,Haji Ali,Mahalaxmi, Mumbai, Maharashtra 400034
<b>Byramjee Jeejeebhoy Govt. Medical College &amp; Sassoon General Hospital, Pune</b>  020- 26128000 <a href="mailto:deanbjmcpune@gmail.com">deanbjmcpune@gmail.com</a> <a href="http://www.bjmcpune.org">www.bjmcpune.org</a>	Jai Prakash Narayan Road, Near Pune Railway Station, Pune - 411001

While describing disabling conditions the terms Impairment, Disability and Handicap are often used, sometimes too loosely, sometimes interchanged wrongly.

The definitions provided by the **World Health Organisation (WHO)** are given below.

- **Impairment** is any loss or abnormality of psychological, physiological or anatomical structure or function. Impairment refers to a problem with a structure or organ of the body.
- **Disability** is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being. Disability is a functional limitation with regard to a particular activity.
- **Handicap** is a disadvantage for a given individual, resulting from impairment or a disability, that limits or prevents the fulfillment of a role that is normal (depending on the age, sex, and local and cultural factors) for that individual. Handicap refers to an environmental factor preventing fulfillment of a normal life role.

**These Terms can be further explained as:**

- **Impairment** is a dysfunction resulting from pathological changes in a system e.g. losing a limb in an accident, which may or may not interfere with the performance of a child.
- **Disability** is a consequence of impairment in terms of functional performance and it indicates what the person can not do rather than what he can do.
- **Handicap** is a sum total of the disability, the person's own reactions towards it and attitude of the family and the society.

## Note

This resource guide focuses on Educational aspect and Rehabilitation. It aims at creating awareness and building positive attitude towards disability. Even though conditions like Attention Deficit Hyperactivity Disorder, Epilepsy etc. are not regarded as Disability (legally), they are discussed here because they hamper the child's growth and often require special education and management.

The following conditions are discussed in detail and are classified as shown below.

## **Classification of Disability:**

### **Related to the Brain**

- Intellectual Disability (Mentally challenged / Mental Subnormality / Mental Retardation / Mental Deficiency)
- Autism
- Learning Disability
- Cerebral Palsy\*

### **Related to Body and Sensory Functions**

- Cerebral Palsy\*
- Orthopaedically Handicapped/Locomotor Disabilities
- Visual Impairment
- Hearing Impairment

\* Cerebral Palsy is included in both the categories because sometimes in this condition, both body & intellect is affected.

Above mentioned conditions fall in to broad types and are discussed at length covering medical, educational and social aspects.

(Conditions like Juvenile Diabetes, Muscular Dystrophy, Thalassemia, Cancer etc. primarily require medical treatment / management and are not discussed in this guide).

### **Disability can also be classified as:**

- **Congenital** (Present from birth) or **Acquired** (Due to disease, accident.)
- **Visible** (E.g. Physical Disability) or **Hidden** (E.g. Learning Disability)
- **Static** (Is same throughout) or **Progressive** (The disability deteriorates over the period of time)
- **According to the Degree- Mild, Moderate or Severe:**

Many times, parents fail to identify their child's disability, especially when it is not visible, e.g. - hearing impairment. Thus, it is not treated in time. This hampers the speech development of the child, which is primarily dependent on hearing.

Therefore, it becomes imperative that the parents are observant in the early stages of child development so that early intervention can take place.

## But how can a parent know that their child is ‘at risk’?

### Pointers:-

#### ❖ Delayed Milestones

Milestones are the stages of expected physical and mental development of a child at a particular age. e. g. a child learns to sit when he is seven months old.

#### ❖ Inappropriate Responses

Reactions, which are not right in a particular situation e.g. a hearing impaired child, will not be affected by loud noise of crackers.

#### ❖ Maladaptive Behaviour

Behaviour which is detrimental to the well being of a child e.g. a child engages in physically harmful, dangerous activities not for the sake of fun or thrill of it, but he does not understand or consider the possible consequences.

**Remember** these above characteristics are just the pointers.  
Not necessary that they are sure indicators of a child being special.  
Once you have any reason for doubt about your child's development depending upon the problem or condition, you should consult a doctor as soon as possible.

### Stages:-

**Prevention** - Many times disability can be prevented in the prenatal and early childhood period by following precautionary measures like taking good care of health through proper nutrition, sanitation and immunisation. 'Prevention is better than Cure' holds true.

**Intervention** - “At Risk” babies can be monitored since there is a possibility of disability developing at later stage. It is always advisable to take early action for better results. 'A stitch in time saves nine'.

**Remediation** - The corrective measures to compensate the disability are to be implemented consistently for the results to be seen.

**Rehabilitation** - Aims at enabling the person to cope and realise his/ her potential to the maximum. Medical treatment, rehabilitation and support services are of utmost importance to improve the Quality Of Life (QOL) of the person with disability.

## Note

Caution: - There are no short cuts involved in the process. The only Route is through consistent medical, educational and emotional Management and hard work. By-passing them and turning to other avenues for miracle cure etc. eventually results in disappointment.

Once the realization sets in that the child has special needs, parents go through a spectrum of emotions.

**Dr. Manoj Bhatawdekar, Psychiatrist, aptly describes the parental emotional state in a nutshell. He calls it as “GADBAD”.**

**G- Guilt** (I must have done some mistake in the past, therefore, this has happened)

**A-Anxiety** (Worrying about the future).

**D-Denial** (The diagnosis must be wrong. I don't accept it)

**B-Bargain** (Can I do without medication? or can I take it once instead of twice?)

**A-Anger** (Expressed towards the person with disability or the doctoretc).

**D-Depression** (Sadness, hopelessness & a negative attitude regarding the possible outcome of the disability).

**Parents who have overcome the ‘GADBAD’ state, recommend  
ACCEPTANCE!**

## Developmental Milestones Chart

<p>Recognizes mother Turn head toward light and bright colors Follow moving object with eyes Respond to loud sounds Wiggle and kick legs and arms Smile Make sounds Lift his/her head while on stomach</p> <p><b>3</b> MONTHS</p>	<p>Reach for toys and pick them up Move toys from one hand to the other Roll over (both ways) Play with feet Babble Help hold bottle while feeding Says monosyllables (ma, ba) Smile at mirror image</p> <p><b>6</b> MONTHS</p>	<p>Sit up with back straight Say "mama" and "dada" Pick up things with fingers Crawl and try to stand up</p> <p><b>9</b> MONTHS</p>
<p>Pull self to standing position Crawl on hands and knees Drink from cup Wave "bye-bye" Play peek-a-boo and patty cake Say 1 or 2 words</p> <p><b>12</b> MONTHS</p>	<p>Pull off his/her shoes and mittens Feed his/her self some times Walk without help Like to look around Use 8-10 words that are understood Turn pages in a book</p> <p><b>18</b> MONTHS</p>	<p>Walks upstairs Use sentences Run Point to eyes and nose Play alone Stack blocks Take clothes off</p> <p><b>24</b> MONTHS</p>
<p>Riding tricycle, Know gender Know own name Wash his/her hands Play with other children Use the toilet Hop on one foot Use 3-5 word sentences Open door Name colors</p> <p><b>36</b> MONTHS</p>	<p>Use strategies to solve problems Ask questions Form friendship Speak with familiar adults Show interest in pleasing adults Take turns Develop creativity and sense of humor</p> <p><b>48</b> MONTHS</p>	<p>Want to please friends Copy geometric shapes Correctly name four colors Draw a person with a body Skip, swing, and hop Ask questions about things being discussed Show affection to familiar adults</p> <p><b>60</b> MONTHS</p>

## Diagnosis, Treatment and Management

As soon as you detect any abnormality or have any doubts, take your child for diagnosis, treatment and management to:

Family Physician	Initial / Preliminary Diagnosis
Pediatrician	Initial / Preliminary Diagnosis
Developmental Pediatrician	Conclusive Diagnosis
Neurologist	Cerebral Palsy, Intellectual Disability, Epilepsy, Learning Disability
Clinical Psychologist	Intellectual Disability, Autism, Learning Disability, Epilepsy
ENT/Speech Audio Therapist	Hearing Impairment, Cerebral Palsy, Intellectual Disability, Learning Disability
Eye Surgeon	Visual Impairments, Cerebral Palsy, Learning Disability
Physiotherapist / Occupational therapist	Orthopaedically Handicapped , Cerebral Palsy, Learning Disability
Orthopaedic Surgeon	Orthopaedically Handicapped , Cerebral Palsy
Remedial / Resource Teacher / Special Educationist	Learning difficulty, Intellectual Disability, Cerebral Palsy
Psychiatrist	Emotional/Behavioral problems, Attention Deficit Hyperactivity Disorder (ADHD)
Counsellors	Emotional / Behavioral problems
School teachers	Detection of scholastic problems and implementation of an educational plan
Child Guidance Clinics	Assessments & Holistic Management

### Note

The diagnosis may say that the child is having some disability but it is up to the parents to find out the Abilities the child has. Parents have to remember that the child is not disabled but **“Differently Abled”**.

The multi-disciplinary approach & integrated effort of all the above professionals is necessary for the progress of the child.

## **Chapter 2**

### **Orientation: Types of Disabilities**



#### **FLOW CHART**

#### **FOR THE DESCRIPTION OF DISABILITY**

- ❖ **Type of Disability**
- ❖ **Definition**
- ❖ **Characteristics**
- ❖ **Causes**
- ❖ **Classification / Categories / Types**
- ❖ **Treatment & Management**

## A. Intellectual Disability

### **Definition:**

Intellectual Disability, Mental sub-normality, Mental Retardation, Mental Deficiency, Mentally Handicapped or Mentally Challenged all mean the same.

*Intellectual Disability means a condition of arrested or incomplete development of mind of a person which is specially characterized by 'sub-normality of intelligence'.*

### **Characteristics:**

The Child

- Sleeps longer, has feeding difficulties, lacks control over bowel movements.
- Cannot comprehend easily and has difficulty in decision making.
- Has short attention span and is slow in learning.
- Will have difficulty in adaptive behavior like failure to eat, bathe and dress on his own.

### **Causes:**

Like all Disabilities, intellectual disability can also be  
**Congenital or Acquired.**

#### ▪ **Congenital:**

Conditions such as Down's Syndrome, Cerebral Palsy, Hydrocephaly, etc. are associated with intellectual disability and are congenital.

#### **Down's Syndrome (Mongolism):**

Down's syndrome is associated with chromosomal abnormality. There is an extra chromosome present. The child with Down's syndrome is easy to recognize because of his physical features. The nose is short and flat. The eyes have an upward slant giving them an oriental appearance, thus giving them the name, Mongol. The IQ level rarely exceeds 50, but because of their placid temperament, they are easy to train and educate.

The child will have Delayed Milestones. e.g. failure to sit, utter few words in the first year.

▪ **Acquired:**

In Acquired Cases of intellectual sub-normality, the child is born quite normally, but due to some diseases like Meningitis or Encephalitis or an accident, there is permanent brain damage, which results in sub-normality of intelligence.

**Classification:**

The classification is done on the basis of **IQ (Intelligence Quotient)**. There are many definitions of intelligence, but according to Binet and Simon, who are pioneers of IQ tests:

**Intelligence is judgment, good sense, initiative, the ability to comprehend and to reason well and to adapt oneself to circumstances.**

**Intelligence Quotient (IQ):**

IQ represents the degree of brightness possessed by an individual and it is obtained through tests based on reasoning ability. They are in the form of questions, puzzles and exercises.

IQ is derived by using the following formula.

$$IQ = \left\{ \frac{\text{Mental Age (MA)}}{\text{Chronological Age (CA)}} \right\} \times 100$$

Mental age is an individual's level of performance, whereas chronological age is his physical age. A child of 8 years who has mental age of 4 will have an IQ of 50.

**A normal or an average child's IQ is in the range of 90 -110.**

Mental Retardation level is based on I.Q and classified as under:-

- |            |                   |
|------------|-------------------|
| • 70 – 89  | <b>Borderline</b> |
| • 50 - 69  | <b>Mild</b>       |
| • 35 - 49  | <b>Moderate</b>   |
| • 20 – 34  | <b>Severe</b>     |
| • Below 20 | <b>Profound</b>   |

## **Treatment & Management:**

The child is assessed by a team of professionals like a physician, neurologist, psychologist and an educationist to study the type of physical abnormality, level of learning ability, general adaptation, speed of learning etc. Then they will group him accordingly and develop treatment & educational plan.

### **❖ Medical Treatment:**

Mostly, children with I.D. require treatment for epilepsy, speech therapy and also physiotherapy if they have C.P.

### **❖ Physical Fitness:**

These children tend to put on weight especially children with Down Syndrome. Physical exercise is a must to keep it in check. They can be introduced to some type of recreational game, competitive sport or any form of dance to which they respond better.

### **❖ Educational Management:**

While devising Individualised Educational Plan (IEP), the Psychologists and Educationists will be looking at the Educational categories.

Those are as follows: -

1. The Slow Learning child - (I.Q.75-90)
2. The Educable child - (I.Q.50-75)
3. The Trainable child - (I.Q.25-50)
4. The Totally Dependent child - (I.Q.upto 25)

Remember that a **Slow Learning child** is not intellectually disabled and ideally, should be in the regular school with support services, modifications to suit his learning rate, strategies to make him independent and assistance to have adequate social adjustment.

The **Educable Child** requires a special educational plan to develop his potential for minimum academic educability, minimum occupational skill which will make him self-supporting.

The **Trainable Child** will not much benefit from academic program but will benefit largely in learning self-care activities, adjustments in home, neighborhood and sheltered workshops.

The **Totally Dependent child** will constantly require supervision, continuous help even in self-care.

Educationist will also prepare an Individualised Educational Plan (IEP) & Short Term, Long Term Goals by evaluating the child's developmental profile, his strengths and weaknesses. The teacher, the special educator will make use of different instructional material, specialised instructional procedures, application of special learning principles, improvisations, adjustments to suit the pace of the child.

### **Tips to Parents - (Educational):**

- Help the child to learn by connecting concrete to abstract e.g. the spelling of an 'Apple' will be learnt better by showing him a real apple & then teaching the spelling. This will also aid in developing the concept of fruit, the red colour and round shape.
- Use lot of repetitions; explain the same thing in different ways.
- One thing at a time. Break up the task in simple steps and link them later.
- Make use of different sense modalities and use different mediums e.g. while teaching alphabets, let him write in the sand, make them with clay, make use of stencils, write with chalk, sketch pens, sing them tunefully.
- Be in touch with the teacher to know what is his IEP and his Short Term, Long Term Goal.
- Reward him; praise him not only when he learns the task but also for the efforts.
- Teaching 'Adaptive skills' to the child is very important. These refer to skills needed for daily life. They include the ability to produce and understand language (communication), home-living skills, use of community resources, health, safety, leisure, self-care, and social skills, self-direction, functional academic skills (reading, writing, and arithmetic) and job-related skills. Teaching personal accountability/ responsibility, routines, interactions, team rules, how to take turns, sharing, be polite is also very vital.

### Family therapy

In Family therapy coping skills for the entire family/ parents are suggested & the desired goal is positive change & development of the whole family

### Note

We can not label a child as intellectually disabled on the basis of IQ alone because performance is always a decisive factor and depends on combination of IQ and application.

Training and support from home enhances application.

Though the child's IQ is below average, proper management, appropriate educational plan can nurture the child's maximum potential making him a useful member of the society.

Here, we would like to mention '**Theory of Structural Cognitive Modifiability (SCM) & Mediated Learning Experience (MLE)**' which can aid & enhance the child's potential. **SCM proposes that Intelligence is dynamic & modifiable, not static or fixed.** This theory is put forward by **Reuven Feuerstein**, an Israeli clinical, developmental, cognitive psychologist, the founder and director of the **International Center for the Enhancement of Learning Potential (ICELP)** in Jerusalem, Israel. ([www.icelp.org](http://www.icelp.org))

## **B. Cerebral Palsy**

### **Definition:**

Cerebral Palsy is considered a neurological disorder caused by a non-progressive brain injury or malformation that occurs while the child's brain is under development. Cerebral Palsy primarily affects body movement and muscle coordination.

([www.cerebralpalsy.org](http://www.cerebralpalsy.org))

### **Characteristics:**

Early warning signs - The baby has difficulty in sucking, swallowing, has feeding difficulty and poor head control.

Children with CP have uncoordinated or spastic movements, so they are referred to as 'Spastic Children'. These children have multiple handicaps, hearing impairments, speech defects, epilepsy, etc. These children may have difficulty with fine motor tasks, such as writing or cutting with scissors; experience trouble with maintaining balance and walking; or be affected by involuntary movements, such as uncontrollable writhing motion of the hands or drooling. The symptoms differ from one child to the next and may even change over time in the same child.

### **Causes:**

**Congenital CP** is present at birth. It includes:

- Infections during pregnancy
- German measles or rubella
- Jaundice in the infant
- Rh incompatibility
- Severe oxygen shortage in the brain or trauma to the head during labour and delivery.

**Acquired CP** results from brain damage in the first few months or years of life due to brain infections such as bacterial meningitis or viral encephalitis or results from head injury -- most often from a motor vehicle accident, a fall, or child abuse.

### **Types can be described in two ways:**

1. Type of Movement
2. Type of Limb Involvement

Based on **Type of movement** CP is classified into four broad categories – Spastic, Athetoid, Ataxic and Mixed Forms.

1. **Spastic Cerebral Palsy:** In this form, the muscles are stiff and permanently contracted. This may cause the legs to turn in and cross at the knees. The child develops a characteristic walking rhythm known as the Scissors Gait.
2. **Athetoid or Dyskinetic Cerebral Palsy:** This form has uncontrolled, slow, writhing movements. These abnormal movements usually affect the hands, feet, arms or legs and, in some cases, the muscles of the face and tongue, causing grimacing or drooling.
3. **Ataxic Cerebral Palsy:** This rare form affects the sense of balance and depth perception. They have poor coordination, walk unsteadily with a wide-based gait, placing their feet unusually far apart and experience difficulty while writing or buttoning a shirt.
4. **Mixed forms Cerebral Palsy:** This form has symptoms of more than one of the previous three forms. The most common mixed form includes spasticity and athetoid movements.

### **Type of Limb Involvement:**

- ❖ **Monoplegia** - One limb is affected.
- ❖ **Diplegia** - Both the legs are affected.
- ❖ **Triplegia** -Any three limbs are affected.
- ❖ **Quadriplegia** -The whole body is affected.
- ❖ **Hemiplegia** - One side of the body is affected.
- ❖ **Double Hemiplegia** - The whole body is affected and the hands are more affected.

About one-third of children who have cerebral palsy are mildly intellectually impaired, one-third are moderately or severely impaired and the remaining have normal intelligence. As many as half of all children with cerebral palsy have epilepsy.

## **Treatment:**

### **Detection:**

Early signs of cerebral palsy usually appear before 3 years of age and parents are often the first to suspect that their infant is not developing motor skills normally. Infants with cerebral palsy are frequently slow to reach developmental milestones such as learning to roll over, sit, crawl, smile or walk.

They may have abnormal muscle tone. Decreased muscle tone is called hypotonia; the baby may seem flaccid and relaxed, even floppy. Increased muscle tone is called hypertonia and the baby may seem stiff or rigid.

### **Diagnosis:**

#### **Diagnosis can be made on the basis of:**

- Slow development
- Abnormal muscle tone
- Unusual posture
- Abnormal reflexes
- Early development of hand preference.

The physician may carry out specialised tests like computed tomography (CT) scan or Magnetic Resonance Imaging (MRI) technique to identify brain disorders.

## **Management:**

### **Medical Management:**

A child with CP can enjoy a near-normal life if his neurological problems are properly managed. Keeping in mind his unique needs and impairments individual treatment plans has to be devised. The plan has to focus on medical aspects which includes physiotherapy, occupational therapy, sometimes speech therapy and vision, hearing, posture correction.

It will also include antiepileptic drugs to control seizures, special braces to compensate for muscle imbalance, mechanical aids and sometimes surgery to overcome impairments. In general, earlier the treatment begins, better are the chances of overcoming developmental disabilities or strategies to learn difficult tasks.

Physiotherapy program will include specific sets of exercises to work toward two important goals: Preventing the weakening or deterioration of muscles that can follow lack of use (called disuse atrophy) and avoiding contracture, in which

muscles become fixed in a rigid, abnormal position. Recently, Aquatherapy is proving to be very beneficial for a child with CP.

A child with CP will benefit with aids such as Velcro shoes, light pointer or headband. Appliances like gaiters and callipers give support to the affected part of the body and improve the child's functioning. The computer can make a dramatic difference in the lives of those with cerebral palsy, satisfying emotional and psychological needs.

### **Educational Management:**

Educational Program will depend on the level of intellectual ability, degree of physical handicap and associated learning disabilities.

A child with C.P. may not necessarily be intellectually disabled. If he is intellectually normal, he has to attend a regular school but may require support in areas like accessible arrangement of his class, extra attention to problems of speech and vision if present. He may also require special remediation in some perceptual areas.

Inclusion in sports activities of children with CP is many times a neglected aspect in regular schools. With innovations in the games, these children can also participate, which will tremendously help in providing an equal opportunity to build positive self-esteem.

### **Tips to Parents:**

Make use of adaptive clothings, Velcro tapes/closings, self-twisting shoe laces etc.

Take stock of his strengths & limitations.

If in regular school, encourage your child's friends to support him by sensitising them to his extra needs and be his Buddy.

### **Note**

Remember that every child with CP may not be intellectually Sub-normal. In many cases, the child may have normal intelligence, but due to lack of awareness, people assume that every child with CP has a low level of IQ, which leads to lower expectancy resulting in poor performance.

## C. Autism Spectrum Disorder

### Definition:

Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others and go beyond a restricted stereotyped, repetitive repertoire of interest and activities. ASD is defined by a certain set of behaviors and is a “spectrum condition” that affects individuals differently and to varying degrees. It is the third most common developmental disorder, more common than Down’s syndrome.

### Characteristics:

The characteristics manifest themselves in **Three Main Areas** mentioned below:

#### 1) Communication

- Child has delayed language acquisitions. He may respond to a question by repeating it immediately, may repeat certain words out of context and repeat them over and over again.
- He may not use conversation meaningfully and have difficulty conveying needs such as hunger, pain etc.

#### 2) Socialization

- Frequently enjoys playing alone, may or may not mix with other children of his age & may not be interested in making friends.
- The child may not look at others straight in the eye.
- The child may not enjoy being cuddled or cuddling others.
- The child does not like to indulge in 'Pretend Play'.
- The child may exhibit socially unacceptable behavior for his age such as smelling people, objects.

#### 3) Unusual Behaviours

- The child may do certain things in the same manner every time, such as taking the same route to school.
- He finds it difficult to adjust to change in routine.
- May be attracted to spinning or rotating objects such as wheels & fans.
- May indulge in self stimulatory activities like spinning, rocking, flapping of objects as well as own body.
- May laugh or become upset without apparent reason.
- May show unusual responses to sensations; one may be oversensitive, other may be undersensitive.

- The child may be oblivious to danger.

**Causes:**

Though there are no definitive answers known what causes autism, it may result from a combination of factors including genetic and environmental influences.

**Types:**

Autism is a Spectrum Disorder i.e. the symptoms & the characteristics of Autism may manifest themselves in a wide variety of permutations and combinations & also in varying degrees of severity.

It affects different people in different ways, making it difficult to generalise. This spectrum covers whole range of people with autism who never learn to speak, are non-verbal to verbal, who have fewer problems with language.

**❖ Classic Autism:**

They are withdrawn in their own shell (characteristics mentioned above).

**❖ Aspergers Syndrome:**

It is named after the doctor who discovered the syndrome. It applies to people with autism who are high functioning, having average or above average intelligence.

They do not shun human contact and want to be sociable but find it hard to interpret the signals like facial expressions while interacting. Thus their social development is most affected.

**Treatment: Management:**

There have been certain techniques that have been found to work more efficiently on children with autism. Depending on the child's difficulties, he may need a special educator, speech therapist, occupational therapist and a sensory integration therapist.

**▪ Self-help skills and Activities of Daily Living (ADL):**

Teaching the child by breaking down the task and then teaching him one step at a time is useful in developing social skills, language, self-help and other basic skills such as toilet training, bathing & eating on their own. These skills are important to make him achieve maximum independence.

**▪ Communication and schooling:**

A structured classroom setting with clear expectations and goals have proved very beneficial for the child. Besides behaviour therapy, structured instructions, other educational approaches are also used. Most professionals agree on is that Early Intervention is important.

**Behaviour Modification:** This involves rewarding a child for positive behavior thus, encouraging him to repeat the same.

**PECS:** Picture Exchange Communication System

In this method, a child hands over a relevant card with a picture, e.g. a picture of a cake if he is hungry & gradually learns to build a sentence.

**SPELL:** Structure, Positive, Empathy, Low Arousal & Links

- **Structure:** The child knows what is going to happen and what is expected. There is predictability, so the child feels safe.
- **Positive:** Provide rehearsals, reinforce when the child accepts new experience, build on child's interest and strength.
- **Empathy:** Inculcate a habit to see the world from child's perspective.
- **Low Arousal:** Allow few distractions, keep noise level to minimum, give attention to preferred colours, arrangements etc.
- **Links:** Holistic approach should be applied by developing links between parents, teachers & therapists.

**TEACCH:**

**TEACCH** stands for Treatment and Education of Autistic and Communication Handicapped Children. It is a complete program of services for autistic people which makes use of several techniques, of several methods in various combinations depending upon the person's needs and emerging capabilities. The main focus is on improving communication skills and education. The main goal of TEACCH for children with autism is to help them grow up to a maximum autonomy at an adult age.

## **Dietary interventions**

Dietary interventions are based on the idea that

- 1) Food allergies cause symptoms of autism, and
- 2) An insufficiency of a specific vitamin or mineral may cause some symptoms of autism.

A diet that some parents have found to be helpful to their child is a

**Gluten-free, Casein-free diet.** Gluten is a family of proteins that is found in cereals like wheat, oat, rye, and barley. Casein is the principal protein in milk.

Some parents feel that vitamin supplement like B6 with magnesium makes the vitamin effective. The result of research studies is mixed; some children respond positively, some negatively, some not at all or very little.

**Applied Behavioral Analysis (ABA)** is a system of autism treatment based on behaviourist principles which in simple terms state that behaviours can be taught through a system of rewards and consequences. ABA has become synonymous with the methods and research of **Dr. Ivar Lovaas**. (This is why ABA is sometimes called "Lovaas" Method).

ABA starts with "discrete trials" therapy. A discrete trial consists of a therapist asking a child for a particular behaviour (e.g. "Raj, please pick up the spoon"). If the child complies, he is given a "reinforcer" or reward in the form of a tiny food treat, a high five, or any other reward that means something to the child. If the child does not comply, he does not receive the reward, and the trial is repeated.

#### **Son- Rise therapy**

Son-Rise is a home-based program for children with autism spectrum disorders and other developmental disabilities. The program emphasizes eye contact, accepting the child without judgment, and engaging the child in a non-coercive way, and it believes that children on this program will become non-autistic due to personal motivation to learn non-autistic behaviour. However, there are not enough studies to prove the same.

#### **Floortime**

Floortime is a well-regarded form of therapeutic play originated by **Dr. Stanley Greenspan**, a psychologist based in Maryland. Floortime has two great advantages. First, it can be implemented by a parent with minimal training. And second, it can be fun.

#### **Brain Gym**

Brain Gym founded by **Paul Dennison**, is a training program which focuses on brain body integration. It claims that any learning challenges can be overcome by finding the right movements, the use of which will create new pathways in the brain. They claim that the repetition of the 26 Brain Gym movements "activates the brain for optimal storage and retrieval of information."

**Relationship Development Intervention® (RDI)** is a family-based, behavioral treatment designed to address autism's core symptoms. Developed by **psychologist Steven Gutstein, Ph.D.**, it builds on the theory that “dynamic intelligence” is a key to improving quality of life for individuals with autism. Dr. Gutstein defines dynamic intelligence as the ability to think flexibly. This includes appreciating different perspectives, coping with change and integrating information from multiple sources (e.g. sights and sounds).

RDI aims to help individuals with autism form personal relationships by gradually strengthening the building blocks of social connections. This includes the ability to form an emotional bond and share experiences.

**RDI's six objectives are:**

- 1) Emotional referencing: The ability to learn from the emotional and subjective experiences of others
- 2) Social coordination: The ability to observe and control behavior to successfully participate in social relationships
- 3) Declarative language: The ability to use language and non-verbal communication to express curiosity, invite interactions, share perceptions and feelings and coordinate with others
- 4) Flexible thinking: The ability to adapt and alter plans as circumstances change
- 5) Relational information processing: The ability to put things into context and solve problems that lack clear cut solutions
- 6) Foresight and hindsight: The ability to anticipate future possibilities based on past experiences

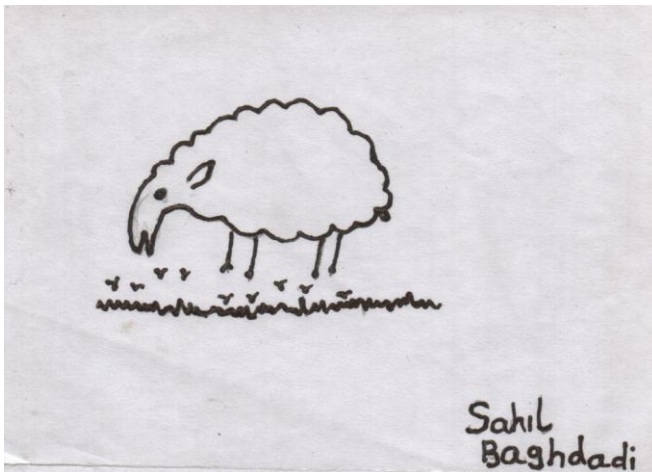
(RDI Source- [www.autismspeaks.org](http://www.autismspeaks.org))

### Tips to Parents:

**Set a routine.** Follow a pattern of daily activities in a fixed manner with least changes. If there are any changes in the set timetable due to unavoidable circumstances, be there for your child to provide support. For a child with autism, if there are changes in school timetable, inform the **Buddy** to take care of him.

### Note

All children with autism are different. What works with one person may not work with another. Remember that whatever secondary complementary therapies you may follow to help your child, the structured learning environment will be the backbone of his improvement.



## **D. Learning Disability**

### **Definition:**

Learning disability means a disorder in one or more of the basic psychological processes involved in understanding or in using a language, spoken or written, which may manifest in an imperfect ability to listen, think, read, write, spell or do mathematical calculations. (**Kirk**)

The term includes conditions such as perceptual handicaps, brain injury, minimal brain dysfunction, dyslexia and developmental aphasia.

The term does not include children who have learning problems, which are primarily the result of visual, hearing or motor handicaps or mental retardation, emotional disturbance or of environmental, cultural or economic disadvantages.

### **Characteristics:**

1. Difficulty in school learning: Usually the parents and the teachers are the first ones to spot something unusual about the child. He cannot cope up with the regular school work.
2. There is a vast difference between the child's oral performance and written work or gap between potential and achievement.
3. They are often clumsy. They have eye-hand coordination problems.
4. They are hyperactive (excessive motor activity), impulsive (choice of very first solution, be it correct or incorrect) and have short attention span.
5. Language problems, immature speech.
6. Cannot follow multiple directions.
7. Has difficulty telling time and telling right from left.
8. Writes poorly.
9. Reverses letters or places them in incorrect sequences.  
Example: 'd' for 'b' and 'saw' for 'was'.

### **Causes:**

Learning disability is not a result of single causative factor. They are a combination of genetic, neurodevelopmental, environmental and constitutional factors. Various prenatal (before childbirth), perinatal (during childbirth) and postnatal (after childbirth) factors also contribute towards learning disabilities.

**Types:**

There are different kinds of learning disabilities.

1. **Dyslexia** - Reading disorders.
2. **Dysgraphia** - Disorders of written expression. Extremely poor hand writing or the inability to perform the motor movements required for handwriting.
3. **Dyscalculia** - Mathematical disabilities. Difficulty in learning or comprehending arithmetic, such as difficulty in understanding numbers, learning how to manipulate numbers, and learning facts in mathematics.
4. **Dispraxia** - Fine and/or gross motor coordination disorder

**Treatment: Management:**

A child with learning disability needs detailed assessment and remediation programme by a trained special educator.

*Remediation is the method of instruction to correct deficits in a child's performance and ways to improve and enhance his learning.*

Since these children have average or above average IQ and are in mainstream schools, classroom teaching modifications are important. A child with dyslexia will find it easier to learn when he reads the text beforehand to know what is going to be taught in class later so that he can prepare a list of difficult words, highlight key points. For Dysgraphia, the child should be made to sit in front row to avoid distractions, to copy easily from the board & also for the teacher to observe how much is the lag. While tackling Dyscalculia, allow the child to use calculator, computer, instruments to draw shapes etc. whereby he can concentrate on understanding the concepts.

**Tips to Parents:**

**Be patient.** Repeat the instructions, make them short and simple. Observe the child in different situations and find out in which mode he learns the best e.g. he may learn best when shown a picture along with text. Make school learning relevant to real life situations. Provide extra time for homework and let him watch his favourite show on T.V. as a reward. When the child shows improvement, computer games can be provided as an incentive which can also improve fine motor movements, directionality and speed on task etc. in a fun way and is enjoyed by the child.

**Certification:**

Nowadays the schools, Education Board and the Government have become sensitive towards these SEN (Special Educational Needs) children. Once the child is identified as having learning difficulty either by the parents or by the class

teacher, the school recommends the child to a neurologist or a child guidance clinic. Based on their examination, child is further tested by the certifying Govt. Hospital. In **Mumbai city**, the certification is undertaken in

**1) Sion Hospital 2) Nair Hospital 3) K.E.M. Hospital.**

The provisions are made based on their assessment, recommendations and the type of learning disability.

### **Concessions for students with LD**

#### **For Std. 1<sup>st</sup> to Std. 9<sup>th</sup> and 11<sup>th</sup>**

- 1) Oral test alongwith written test for unit and semester exams.
- 2) 30 minutes extra for written tests.

#### **For Std. 10<sup>th</sup> (Maharashtra State Board /Government)**

- Language Exemption - Students with Dyslexia and Dysgraphia, need to study only two languages and one work experience subject in lieu of third language.
- Lower level Maths - Students with Discalculia can study Std. VII Arithmetic (75 marks) and one work experience subject(75 marks) total 150 marks in lieu of Algebra and Geometry.
- Spelling errors and reverse numerals are exempted during evaluation.
- Students are exempted from drawing figures, maps and graphs.
- Students can choose an examination centre near their residence.

#### **For Concessions & procedure to apply to different Boards & Universities**

**Log on to Maharashtra Dyslexia Association –**

**<http://www.mdamumbai.com/exam-provision.php>**

## Note

Remember that these above symptoms can be found in all children at some time during their development. However, a child with learning disability has a cluster of these symptoms which do not disappear with advancement of age and needs further examination. If learning disability is so severe and really interferes with child's learning, to the extent of disability, provisions are to be utilised. Otherwise, 'learning difficulty' is a better term to use since the child develops coping strategies and finds the solution in the process. In children with learning disability, the brain structure is different & they function differently. These children have abilities that they express differently, which we have to accept, nourish and nurture.

**See ME first,  
Not my Disability**

## E. Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a common behavioral disorder that affects an estimated 8% to 10% of school-age children. Boys are about three times more likely than girls to be diagnosed with it, though it's not yet understood why.

Kids with ADHD act without thinking, are hyperactive, and have trouble focusing. They may understand what's expected of them but have trouble following through because they can't sit still, pay attention, or attend to details.

Of course, all kids (especially younger ones) act this way at times, particularly when they're anxious or excited. But the difference with ADHD is that symptoms are present over a longer period of time and occur in different settings. They impair a child's ability to function socially, academically, and at home.

### Symptoms

ADHD used to be known as **Attention Deficit Disorder**, or **ADD**. In 1994, it was renamed ADHD and broken down into **three** subtypes, each with its own pattern of behaviours:

#### 1. An Inattentive type, with signs that include:

- inability to pay attention to details or a tendency to make careless errors in schoolwork or other activities
- difficulty with sustained attention in tasks or play activities
- apparent listening problems
- difficulty following instructions
- problems with organization
- avoidance or dislike of tasks that require mental effort
- tendency to lose things like toys, notebooks, or homework
- distractibility
- forgetfulness in daily activities

#### 2. Hyperactive-Impulsive type, with signs that include:

- fidgeting or squirming
- difficulty remaining seated
- excessive running or climbing
- difficulty playing quietly

- always seeming to be "on the go"
- excessive talking
- blurting out answers before hearing the full question
- difficulty waiting for a turn or in line
- problems with interrupting or intruding

**3. Combined type**, which involves a combination of the other two types and is the most common. Although it can be challenging to raise kids with ADHD, it's important to remember they aren't "bad," "acting out," or being difficult on purpose. And they have difficulty controlling their behavior without medication or behavioral therapy.

#### **Behavior Management (Cognitive Training)**

1. Learning to "Stop and Think"
2. Self monitoring skills

### **Note**

**Remember-**The attention deficit hyperactive behaviour has to be more frequent than that of the peers. And the onset of this kind of behaviour should be before the age of seven.

“Living with ADHD is like being locked in a room with 100 televisions and 100 radios all playing.

None of them have power buttons so you can turn them off and the door is locked from the outside.”

– Sarah Young

## **F. Orthopaedic Handicaps / Locomotor Disability**

### **Definition:**

Locomotor Disability means disability of the bones, joints or muscles leading to substantial restriction of movement of the limbs or any form of cerebral palsy.

### **Characteristics:**

These conditions are the obvious types & are identified early. Their prevention and treatment is primarily a medical problem.

### **Causes:**

1) **Congenital** - disabilities present in a child from birth. e.g. Spina Bifida, club feet, dislocated joints etc.

#### **They are subdivided into:**

- Hereditary -conditions which are passed from parents to a child.
- Developmental - embryological defects in the foetus.
- Birth Period - abnormalities which occur in prenatal (before birth) or Perinatal period (during birth)

2) **Acquired** - disabilities which develop later in the child who is born normal.

#### **They are subdivided into:**

Accident /Injury

Diseases / infection like Poliomyelitis.

**Cerebral Palsy** -is due to injury or lack of development of the brain which results in motor disability.

**Poliomyelitis** -This condition is due to a virus which attacks the spinal cord of the infant making him paralysed.

**Spina Bifida** - Condition in which nerves protrude due to non-closure of spine.

It affects the lower part of the vertebral column.

Accidents such as fractures, burns, amputations are also included in this category.

## **Treatment: Management:**

### **Medical Treatment:**

In orthopaedically handicapped children, physiotherapy and occupational therapy are the most important forms of treatment. This treatment strives to make them independent.

### **Mobility:**

The mobility of a child with orthopaedic disability can be greatly improved by using various aids, appliances and equipments.

1. **Aid** is a small, easily handled, portable object which improves function e.g. cane or a walking stick.
2. **Appliance** is a purpose built or custom made object e.g. shoes, artificial limb and so on.
3. **Equipment** is a non-portable aid e.g. special playroom furniture or any fitment made to suit the need of a child.

It is very important to maintain aids, appliances & equipments in perfect condition. There is a wide range of mobility aids to facilitate the child. There are also crutches, callipers, wheel chairs, walking frames & sticks available. In recent times, technology has made great strides and a variety of products are available in the market.

### **Emotional management:**

The child has physical limitations. He has normal hopes & aspirations like any normal child of his age. So he may require help in setting realistic goals which are within his physical abilities. He may also need support to deal with frustrations, lack of motivation, unhappiness and so on. If his goals are not met, he may react negatively by becoming aggressive, withdraw into a shell, blame others. He will need guidance in these areas and require help in planning his life realistically.

**Tips to Parents:**

Keep your home clutter free for easy movements of the child.  
It is advisable to have residence on lower floors for easy accessibility.

**Note**

Remember to include the child in every family outing. Check out the facilities, the routes in advance to make provisions for the child. Provide lots of opportunities to learn music & painting which the child can pursue even with physical limitations.

**See the Ability,  
Not the Disability**

## **G. Visual Impairment**

### **Definition:**

- “Blindness” refers to a condition where a person suffers from any of the following conditions, namely Total absence of sight.
- Visual acuity not exceeding 6/60 or 20/200(Snellen) in the better eye with correcting lenses.
- Limitation of the field of vision subtending an angle of 20 degree or worse.

### **Causes:**

There are different causes for blindness like:

- Malnutrition
- Cataract
- Glaucoma
- Other eye diseases

### **Characteristics:**

Children with visual impairment make better use of other sensory avenues such as sound, touch etc. They use less of gestures, body movements. “Person with Low Vision” means a person with impairment of visual functioning even after treatment or standard refractive correction but who uses or is potentially capable of using vision for the planning or execution of a task with appropriate assistive device.

Blindness can also result from damage to that part of the brain which interprets the nerve sensations sent from the eye. Good nutrition and vitamin supply is also very important.

### **Types:**

Depending on the visual acuity, classification is done. Here, we will be looking at the broad types.

1. Totally blind.
2. Person with low vision.

**Treatment: Management:**

The educational program will depend on whether the child is totally blind or with low vision.

**Training:**

For the children who are blind from birth, appropriate educational services are needed from the age of two. An entire school programme has to be designed to suit their needs. They have to be educated by non-visual methods such as making more use of tactile (touch) methods, auditory and kinesthetic modes.

They are also taught Braille. It takes at least 6 months hard, concentrated study to learn Braille. They can be aided by reading substitutes, talking books and computers. The child with low vision can be aided by large print and magnifying glasses, close circuit T.V. and other aids.

**Mobility:**

Every blind child should be taught how to become as mobile as possible. Sticks and canes are used as mobility aids. The child is taught 'Long Cane Technique'. In this a long cane is held out in front at 60" and moved from side to side just touching the ground. Long canes and sticks are painted white for easy identification of a blind person.

**Tips to Parents:**

For a child with low vision, make use of magnifiers attached to specs, provide books in large print, use colourful charts, highlighters to explain key points. Text books can be xeroxed in jumbo size to get enlarged print. Install a computer program which reads for the child.

For a totally blind child provide ample opportunities where he can touch, hear and learn. As soon as possible, train him in Braille, give mobility training, play memory games, introduce a hobby e.g. singing, playing a musical instrument, sports.

**Note**

Remember, children with visual impairment make better use of other senses e.g. Hearing and touch, so teaching them music or musical instrument is a good idea. Introduce them to talking computers. Latest Technology & Accessibility Tools are great equalizers for people with visual impairments.

## H. Hearing Impairment

### Definition:

Hearing loss can be of different degrees varying from total deafness to hard of hearing. Early detection of hearing loss is very crucial because of the vital association between hearing and speech and language problems.

### Characteristics:

Detection mainly depends on careful observation of the child over the first eight months of life. For the first 2-3 months, the infant will develop quite normally. After the 3-4 months, the normal child makes different types of sounds. By 8 months, he listens to speech, babbles and squeals. The child tries to copy the rhythm and pattern of the sound in speech. In the case of hearing impaired child, this does not happen. Then, careful examination by an experienced doctor should be carried out.

The child will be indifferent to the sound, he will have monotonal quality of speech, loud gestures and tantrums to attract attention. In case of partial loss, the child may appear lazy, inattentive and confused.

### Causes:

Like in all disabilities, prenatal, perinatal & post natal factors can cause deafness. German Measles & Mumps affect the foetus.

Perinatal causes: Forceps delivery, lack of oxygen in times of prolonged labour.

Postnatal causes: Diseases in childhood such as mumps, measles.

### Types:

Accumulation of wax or infections can prevent the soundwaves from reaching the inner ear. The reduction in the intensity of the sound can cause hearing loss. This is called **Conductive deafness**. It can be medically treated. These children can be helped by means of hearing aids. **Perceptive deafness** is caused by permanent damage to the nerve endings of the inner ear.

“Hearing Impairment” means loss of sixty decibels or more in the better ear in the conversational range of frequencies.

### Classification:

The children are also classified as congenitally deaf & children with late onset. Hearing loss is measured in decibels.

The sound of ordinary conversation is about 60 - 70 decibels.

1. Mild loss - 20 30 decibels
2. Marginal loss - 30-40 decibels
3. Moderate loss - 40 - 60 decibels
4. Severe loss - 60 - 75 decibels
5. Profound loss More than 75decibels

**Treatment:**

**Management:**

Technology is the backbone of the treatment program in hearing disability. Hearing disability relies heavily on hearing aids, amplifiers, specialised equipments for educational program etc. For optimum results, diagnosis of level of hearing loss and suitable corrective technology is very important. Cochlear Implant is a solution for some people with hearing impairment.

**Integration of the child will depend on:**

**1. Degree of loss** - children with mild loss can be taught in regular classrooms with conducive atmosphere & seating arrangements. Marginal loss can be treated with speech training & hearing aids. For moderate loss, hearing aids, amplification of auditory stimuli & use of visual aids are used.

For severe and profound loss specialised techniques are used.

**2. Age of onset (a beginning)** plays a very important role in determining the development of speech & language acquisition in a child. If the child has developed a speech pattern, then his educational program will differ from that of a child who has not developed speech at all.

**3. Type of loss** - The speech training will change depending on the type of loss. For conductive loss the child speaks too softly and for perceptive loss, he, speaks too loudly.

**4. Any other associated disability** like vision impairment will certainly pose limitations in instructional material presented to the child and the methods will vary.

**Early Training:**

The early training consists of teaching the parents, especially the mother, on how to teach the child. The parents are primarily taught that the communication should be intelligible to the child. He should be able to gather clues from parent's lip movements, facial expressions, nods etc & associates with their meaning. An appropriate action should be associated with the speech to make the message Understood. This is the combination of two theories of teaching the Hearing Impaired.

**1. Oral Method** -which communicates through speech and lip reading

**2. Manual Method** -which communicates through signs & gestures.

Another form is using fingers in a fixed manner to depict an alphabet i. e finger spelling. There are also other methods like Total communication, Makaton etc.

**Tips to Parents:**

- While speaking, face the child so he can see you, your facial expressions and body movements.
- Proper light arrangement to read your lips.
- Do not talk fast and at the same time make sure not to exaggerate the lip movements.
- Allow the child to touch when you speak to know the source point of the sound and to feel the vibrations.
- Encourage the child to speak as much as possible.

## Speech Disorder

**Hearing and Speech Development go hand in hand.**

**Definition:**

Speech Disorder is a defect or abnormality that prevents an individual from communicating by means of spoken words.

**For normal Speech Development these things are necessary.**

1. Normal development of the ear and larynx.
2. Conducive home environment for the child to receive and share his ideas.  
(Here the focus is mainly on the speech disorder developed due to hearing handicap).

The best period to learn speech is first 3 or 4 years of life. So pre-school period spent at home is very important. Due to hearing impairment speech defects like staccato speech problems (found in CP children), stammering, monotonous speech pattern can be developed. If a child with hearing impairment masters his speech, he can be integrated more readily into the mainstream society and will not face isolation problems.

### Note

**Remember-** In both, hearing impairment and speech disorder, the child will develop the tendency to withdraw in to a shell because of fear of ridicule. He/she must be reassured and encouraged to speak.

## I. Epilepsy

Epilepsy or tendency to have “fits” observes no cultural, geographical, racial or economical boundaries. It can occur to anybody at any age. 70-75% have their first attack in childhood. Approximately one person in every hundred has epilepsy, so we have more than 10 million people with epilepsy in India.

### **Definition:**

The brain has a normal electrical rhythm and when that is upset it manifests in a convulsion/ seizure/ fit. Recurrent seizures are termed as Epilepsy. It is like having a storm in the brain.

### **Characteristics:**

The behaviour changes occur only during the attack and the person is normal in between them. He may experience an “Aura”, a warning such as change in taste, fear for no apparent reason etc. Confusion, disorientation, headache & drowsiness are the after effects of an attack

### **Causes of Epilepsy**

Birth injuries, brain infections, head injuries, vascular insufficiency and deficiency of sodium, sugar or calcium in the body are some of the causes of Epilepsy.

### **Types of Seizures:**

Epileptic seizures can take a wide variety of forms but are broadly divided into **Generalised and Focal (partial seizures)**.

**Generalised seizures:** affect the whole body and consciousness is lost. However, most common are Generalised Seizures (involving the whole of brain) commonly known as "Grand Mal" or "Tonic-Clonic" seizures.

**Partial or Focal seizures:** affect part or a whole limb and may and may not become generalised. If there is no alteration in consciousness, it is known as simple partial or Jacksonian seizures and if consciousness is altered or lost it is known as

complex partial seizures, commonly known as psychomotor or temporal lobe epilepsy.

**Factors Provoking Seizures:**

They are:

- Irregular eating and sleeping habits particularly when associated with severe mental stress and anxiety.
- Physical exhaustion
- Emotional upsets
- Fever, particularly in children
- Premenstrual tension
- Pregnancy
- Alcohol over intake / withdrawal state

**Management****First Aid during the Seizure:**

- Make the person lie on one side so the saliva drips down.
- Loosen the clothing e.g. tie. Remove spectacles, tie, etc.
- Place a towel or cloth under his head.
- Clear the area and remove objects that may cause danger.
- Do not restrict convulsing movements.
- Do not offer anything to eat or drink during the attack.
- Do not crowd around.

Usually, the attack lasts for less than two minutes. If the duration is too long or the person has recurrent attacks, call a doctor.

**Medical Management:**

- Treatment is determined based on case history, an EEG and MRI. These tests are to be repeated as and when necessary.
- Anti Epileptic Drugs (AEDs) prescribed by the neurologist are to be taken regularly and for specified time.
- Regular follow ups and feedback about medication is a must.
- Regular daily routine of adequate sleep & timely meals to be followed.

## **Treatment Options**

### **Epilepsy Surgery**

Some people have refractory (difficult to control) epilepsy whose seizures remain resistant to treatment with anticonvulsant medications. They may have symptomatic localization-related epilepsy; a focal abnormality that can be located and therefore removed. For them epilepsy surgery is an option.

### **Ketogenic Diet**

The **Ketogenic Diet** is a high-fat, adequate-protein, low-carbohydrate diet used primarily to treat difficult-to-control (refractory) epilepsy in children.

When there is little carbohydrate in the diet, the liver converts fat into fatty acids and ketone bodies. The ketone bodies pass into the brain and replace glucose as an energy source. An elevated level of ketone bodies in the blood, a state known as ketosis, leads to a reduction in the frequency of epileptic seizures.

### **Psycho – Social Management:**

- Avoidance of known provoking factors like watching excessive T.V. or getting in to arguments.
- Avoidance of overprotection by parents and caregivers.
- Acceptance - personal and societal.

### **Misconceptions:**

Unfortunately, many a time, a person with epilepsy is thought to be possessed by an evil spirit. As a result, the person is taken to a mantrik (witch doctor) or a quack or a godman and the condition deteriorates. Epilepsy is equated with mental illness and as a result, it is hidden. Epilepsy has social repercussions like stigma and discrimination. Awareness, Early Intervention and Psychosocial Support can produce significant results and attitudinal change.

### **What does the law say about Epilepsy?**

The Rights of Persons with Disabilities Act, 2016 recognises Chronic Neurological Conditions as a Disability. It defines “chronic neurological conditions” as a condition that has its origin in some part of person's nervous system lasting for a long period or marked by frequent recurrence.

Uncontrolled/Intractable/Disabling/Refractory or in simple terms Difficult to

Control Epilepsy is a chronic neurological condition. The person with this kind of epilepsy can approach their treating neurologist where by he can certify depending on the level of seizure control, I.Q. & other assessments. This recommendation should be submitted to Certifying Medical Authority of the State. After verification, they will issue a Disability Certificate to the Person with Epilepsy.

## Note

70% of epilepsy is controlled by the medication.

The treatment of every person with epilepsy is highly individualised and to be carried out strictly under medical supervision. A record of attacks and drug therapy must be maintained.

Rehabilitation will depend upon the age of onset (first attack), type and frequency (number of attacks) of seizures and associated problems. With right kind of support & counseling, a person can be a contributing member of society.

Many great men like Julius Caesar, Napoleon Bonaparte, Van Gogh, Alfred Nobel, Jonty Rhodes had epilepsy.

One must remember that the person is normal in between the attacks. Epilepsy is no bar to achieve greatness in any sphere.

**The person is fit for life inspite of fits.**



## Chapter 3

### Education

**“Education is the right of all children.”**

In the past, we have had various educational provisions for children with Special Educational Needs (SEN). But now the scene is changing and there are some pathbreaking initiatives being implemented.

Let us have a brief look at them.

- **Regular Schools** provide education to average children having normal I.Q range with normal growth and developmental pattern. Though there are individual differences, the educational methods & instructions remain the same.
- **Regular Schools with Inclusion** as a policy enroll a few children with special needs in regular classroom system when the discrepancy is not too high. If need be, these children are supported through therapy, remedial lessons after the regular school hours. In many cases, shadow teacher is also provided.
- **Special Day Schools** are meant for those children having high developmental and achievement discrepancy with peers due to their special needs. To develop the child's potentialities to the maximum, these schools have special teaching methods, equipments not available in regular class.
- **Special Class** is organised consisting of children with disability, within the regular school set up. The advantage is all the children are in close vicinity to have better understanding of each other. These classes are physically integrated in the regular school but with no guarantee of social integration.
- **Schools with Resource rooms** emphasise the **Integrated Educational System**. The term Integrated Education refers to an approach which focuses on helping children with disability in mainstream schooling. These Resource Rooms are organised within the regular schools and have the advantage of child being with his/her peers in regular class for most of the school program and attends therapy, remedial lessons as and when necessary.
- Then there are also the **Special Residential Schools, Hospital Schools for outstation students** coming for prolonged treatment.
- **Pratham, National Open schools (NIOS) and Distance Universities-**

These educational systems offer the much needed flexibility and suitability to individual needs and learning pace.

### **Sarva Shiksha Abhiyan (SSA)**

Sarva Shiksha Abhiyan is a flagship programme of Government of India's Dept. of School Education & Literacy which aims at free and compulsory education, a Fundamental Right to the Children between the ages of 6 to 14 years. It is being implemented in partnership with State Governments to cover the entire country and address the needs of 192 million children in 1.1 million habitations.

#### **SSA has introduced Inclusive Education for Disabled Children (IEDC).**

The interventions under SSA for inclusive education are identification, functional and formal assessment, appropriate educational placement, preparation of Individualized Educational Plan, provision of aids and appliances, teacher training, resource support, removal of architectural barriers, research, monitoring and evaluation and a special focus on girls with special needs.



SSA ensures that every child with special needs, irrespective of the kind, category and degree of disability, is provided meaningful and quality education. SSA has adopted a **‘zero rejection policy’**. This means that no special needs child should be deprived of the right to education and is taught in an environment, which is best, suited to his/her learning needs. SSA makes provision for ‘mobile special educators’ to support child with SEN.

### **The Right To Education Act (RTE) -2009**

The 86th Constitutional amendment making education a fundamental right was passed by Parliament in 2002. The Right of Children to Free and Compulsory Education Act, a law to enable the implementation of the fundamental right, was passed by the Parliament in 2009. Both the Constitutional amendment and the new law came into force from April 1, 2010. From this day, the Right To Education for children to Free & Compulsory Education will be accorded the same legal status as the right to life as provided by Article 21A of the Indian Constitution.

Every child in the age group of 6-14 years will be provided 8 years of elementary education in an age appropriate classroom in the vicinity of his/her neighbourhood. The children with disabilities belong to disadvantaged groups and all private

schools shall be required to enroll children from weaker sections and disadvantaged communities in their incoming class to the extent of 25% of their enrolment. The National Commission for Protection of Child Rights (NCPCR) has been mandated to monitor the implementation of this historic Right.

**The salient feature of the RTE Act is that the Children with Disabilities will also be educated in the mainstream schools. Theoretically, all schools have to give admission to a child with special needs. They can not deny admission on the basis of the child having any type of disability. Some schools have been very encouraging, proactive to include such children.**

### **List of Schools with Inclusive Approach with Support Services like Resource rooms, Special Educators, Counselors & Shadow Teachers**

#### **Mumbai (Code 022)**

- ◆ **Arya Vidya Mandir**- Bandra (W), Bandra (E), Santacruz (W), Juhu, Mumbai.  
Ph- 6101 3900 (Centralised No.) [www.avmschools.ac.in](http://www.avmschools.ac.in)
- ◆ **Balmohan Vidya Mandir** - Shivaji Park, Dadar  
Ph-24461221, 24449654 [www.balmohan.org](http://www.balmohan.org)
- ◆ **Bombay Cambridge School** [www.bcgsschools.org](http://www.bcgsschools.org)  
Andheri (E)- Ph-28210309, 28205442, Malad (W) - 28070144,  
Borivali (W) - 28020326
- ◆ **Canossa Convent**- Mahim, Mumbai- 400016. Ph-24449322
- ◆ **Spastic Society**, Bandra Reclamation, Bandra (W),  
Mumbai - 400050. Ph-264436666
- ◆ **Gujarat Research Society** - Ramkrishna Mission Marg, Khar,  
Ph-26496162, 26462691, 2604031
- ◆ **I.E.S.V.N. Sule Guruji (King George) School** - Hindu Colony, Dadar.  
Ph- 022-61379645 / 022-61379646- [www.iesvns.com](http://www.iesvns.com)
- ◆ **Manik Vidya Mandir**, Bandra Reclamation, Mumbai – 400050.  
Ph-261378485, 26137886 [www.ies.edu/mvm](http://www.ies.edu/mvm)

**(Other branches of I.E.S. Vidya Sankul also include children with disability)**

♦ **Learners Academy** – St. Andrews Road, Bandra (W). Ph-26431072.  
[www.learnersacademy.in](http://www.learnersacademy.in)

♦ **Sardar Vallabhbhai Patel Vidyalaya** - S.N.Dubey Road, Dahisar (E),  
Mumbai- 68. Ph- 28486153, 28486451, 28486630

♦ **Shishuvan School**- 24044063, 24044064 [www.shishuvan.com](http://www.shishuvan.com)

♦ **St.Sebastian's School** - R.C.F Marg, Tolaram colony, Chembur ,  
Mumbai- 400074. Ph--22-25535010

**For guidance and support services for integrating/ including  
Children with Special Needs**

- **Sarva Shiksha Abhiyan (SSA)**  
Shri.Ajay Kakde – 9892568854 Phone: 022-23636314 /  
23679267 Fax:022-23636315  
Maharashtra Prathamik Shikshan Parishad, Jawahar Balbhavan,  
First Floor, Netaji Subhash Marg, Charni Road, Mumbai-400004  
[www.mpsp.maharashtra.gov.in](http://www.mpsp.maharashtra.gov.in)

- **SSA -Inclusive Education for Disabled Children Education  
(IEDC) Department, Education Office.** Hindu Colony, Dadar  
(E), Mumbai-400014. Ph- 022-24100678, 022-24142342/4

- **Children with Visual and Hearing Impairment  
in regular schools**  
**Contact- National Association for the Blind (NAB)-**  
022-24936930, 24988134, 24945822.

**Ali Yavar Jung National Institute for the Hearing  
Handicapped (AYJNIHH) 022-26400215**

- **Contact - Mrs .Arundhati Chavan - President, PTA  
(Parents Teachers Association), Mobile- 09820518957**

**Blessed Angels: Ability Enhancment & Special Education Service**

(They Provide Remedial Teachers & Shadow Teachers )

Office No. B7/G7, Sangeeta Apartment, Juhu Tara Road, Juhu, Santacruz

(west), Mumbai-400054. Ph- 091 5220 7710 <http://www.blessedangels.in>

## Special Schools for Children with Intellectual Disability (ID) and Cerebral Palsy (CP)

Mumbai

Code-022

<b>Aai Day Care Centre</b> ☎ 9004589001	A-108, Unique Bazar, Opp. Sathe Rice Mill, Pen, Dist- Raigad
<b>ADAPT-Centre for Special Education</b> (Formerly The Spastics Society of India) ☎ 22186813, 22150555 <b>contact@adaptssi.org</b>	Near Afgan Church, Upper Colaba Road, Colaba, Mumbai- 400005
<b>ADAPT- National Resource Centre</b> for Inclusion ☎ 2644 3666, 2644 3688 <a href="http://www.adaptssi.org">www.adaptssi.org</a>	K.C. Marg, Bandra Reclamation, Bandra(W) Mumbai - 400 050
<b>Adya Akshar Special School</b> ☎ 9769992605 <b>school@gmail.com</b> <a href="http://www.adyaaksharspecialschool.com">www.adyaaksharspecialschool.com</a>	Bungalow no. 184, RSC-2, Jankidevi School Road, SVP Nagar, MHADA, Andheri (W), Mumbai-400058.
<b>Akshar Special School</b> ☎ 9322877952	Nallasopara
<b>Anandi</b> ☎ 9323312957, 9820923296 <a href="mailto:ssesanandi05@gmail.com">ssesanandi05@gmail.com</a>	1st Floor, c/o BMC School, Shahaji Raje Marg, Near Parle-G Company, Vile Parle (E), Mumbai –400057.
<b>Anza Special School</b> ☎ 23755480	C/o Gloria Church, Byculla, Mumbai- 400027
<b>A.K.Munshi Yojana</b> ☎ 22423654, 22425513 <a href="mailto:akmyojana99@gmail.com">akmyojana99@gmail.com</a>	Shri. J. T. Sheth Mand Budhi Vikas Kendra, 3 <sup>rd</sup> Panjra Pol, C.P. Tank, Mumbai-400004

<b>Arushi Learning Centre for Special Needs Children</b> ☎ 26602307, 2611506 specialeducation@sndt.ac.in <a href="http://www.specialeducation.sndt.ac.in">www.specialeducation.sndt.ac.in</a>	Dept. of Special Education, S.N.D.T. University, Near Lido Cinema, Juhu, Mumbai-400049
<b>Asmita Learning Centre</b> ☎ 9920896534 <b>Email-</b> asmitalearningcentre@yahoo.co.in, www.asmitalearning.org	17/3, Jayant Villa, R.A. Kidwai Road, Wadala (E), Mumbai- 400037.
<b>Asmita Special School by Shivshankar Shikshan Sanstha</b> ☎ 27549201, 9969042388, 8879618024, 9004537520, 8879618026, 9967640302 shivshankar.sanstha@gmail.com <a href="http://www.shivshankarsanstha.org">www.shivshankarsanstha.org</a>	Plot no. 62, Sector No.7, Koparkhairane, Navi Mumbai-400709.
<b>Astitva</b> ☎ 0251-2471358 astitvatrust81@gmail.com <a href="http://www.astitvaschool.com">www.astitvaschool.com</a>	Plot No.8 A , MIDC Phase I, Dombivali (East), Thane – 421203
<b>Aashray Rehabilitation Centre</b> ☎ 27751149 <a href="http://www.aashray.com">www.aashray.com</a>	Plot no-5, Sector- 7, Sanpada, New Mumbai - 400 705
<b>AWMH – Association for the Welfare of persons with a Mental Handicap</b> ☎ 23889814/23889956 <a href="http://www.awmh.in">www.awmh.in</a>	BMC Marathi Primary School Building, 1 <sup>st</sup> floor, Khetwadi, 1 <sup>st</sup> Lane, S.V.P. Road, Behind Alankar Cinema, Mumbai- 400004 AWMH Early Intervention Research Projects <ul style="list-style-type: none"> <li>• J.J Hospital</li> <li>• Manav Kalyan Kendra Hospital, Dombivali (W)</li> <li>• Sarvoday Hospital, Ghatkopar(W)</li> <li>• Parshwanath Nagar, Mulund(W)</li> </ul>
<b>Canossa Special School</b> ☎ 24454214	Pitamber Lane, Mahim, Mumbai- 400016
<b>Children's Aid Society's Mentally Deficient Children Home</b> ☎ 25511126, 4301203, 24302514, 24328279 childrenso@yahoo.com <a href="http://www.casmumbai.in">www.casmumbai.in</a>	V.N.Purav Marg, Sion-Trombay Road, opp.Anushakti Road, Mankhurd, Mumbai-400088
<b>Convent of Jesus &amp; Mary Special School</b> ☎ 23089712	Clare Road, Mirza Gailb Marg, Byculla, Mumbai-400008
<b>Dilkhush Special School</b> ☎ 26151304, 26131519 dilkhushjuhu@yahoo.com <a href="http://dilkhush.org.in/">http://dilkhush.org.in/</a>	Church Road, Juhu ,Mumbai-400075

<b>Dominic Savio Vidyalaya</b> ☎ 022 25016793 <a href="mailto:dominicsaviovidyalaya@gmail.com">dominicsaviovidyalaya@gmail.com</a> <a href="http://www.dominicsaviovidyalaya.com">www.dominicsaviovidyalaya.com</a>	Pant Nagar, Ghatkopar, Mumbai- 400075
<b>Dr. Kusumtai Naravane ‘Sadaphooli’ Special School</b> ☎ 28654623	M.G. Road, Opp. Swimming Pool, Kandivali(W), Mumbai- 400067
<b>Dr. Shiroadkar Special School</b> ☎ 24102114	Dr. Bogres Marg, Parel, Mumbai-400012
<b>ETC- Education, Training &amp; Service Centre for Person’s with Different Abilities by Navi Mumbai Municipal Corporation (NMMC)</b> ☎ 022-2756 7070/71	Vashi Village, Sector-31, Vashi, Navi Mumbai, 400703
<b>Falguni c/o NASEOH</b> ☎ 25220224/25 <a href="mailto:naseoh@vsnl.com">naseoh@vsnl.com</a> <a href="http://www.naseoh.org">www.naseoh.org</a>	Postal Colony Road, Chembur, Mumbai- 400071
<b>Gharkul School for Special Children</b> ☎ 022-68888262, 9833736200 <a href="mailto:info@gharkul.org">info@gharkul.org</a> <a href="http://gharkul.org">http://gharkul.org</a>	Prabhat Colony Municipal School, Next to Municipal Ward (H/E), Opp. Panbai International School, Santacruz (E), Mumbai- 400055.
<b>Gujarat Research Society’s Lions Juhu Center for the children in need of Special Care</b> ☎ 26489833, 26462691, 26496162 <a href="mailto:bloomingdalespreprimary@gmail.com">bloomingdalespreprimary@gmail.com</a> <a href="http://www.jmlschool.org">http://www.jmlschool.org</a>	Sanshodhan Sadan, Ramkrishna Mission Marg, Khar (W) Mumbai-400052
<b>Happy Hours Center</b> ☎ 26053699	47, Anand Kutir, 16 <sup>th</sup> Road, Khar, Mumbai- 400052
<b>Home For The Mentally Deficient Children</b> ☎ 25511126 <a href="mailto:childrenso@yahoo.com">childrenso@yahoo.com</a> <a href="http://www.casmumbai.in">www.casmumbai.in</a>	V.N.Purav Marg, Sion-Trombay Road, Opp. Anushakti Nagar Bus Stop, Mankhurd, Mumbai- 400 088
<b>Holy Cross Special School</b> ☎ 25397235 <a href="mailto:hcschool.thane@gmail.com">hcschool.thane@gmail.com</a> <a href="http://www.holycrossspecialschool.in">www.holycrossspecialschool.in</a>	K Villa, Thane (West) - 400 601
<b>House Of Charity</b> ☎ 26366320	Versova Church Compound, Yari Road, Andheri W, Mumbai 400061
<b>Inclusive Centre for Education</b> ☎ 9322192137, 9892071300 <a href="mailto:inclusivecentre@rocketmail.com">inclusivecentre@rocketmail.com</a> , <a href="http://www.inclusivecentre.org">www.inclusivecentre.org</a>	Kush Agency, Gala no. 1, Post Office Lane, Behind Apna Bazar, J.P. Road, Andheri (West), Mumbai-400053.

<b>Infant Jesus Special School</b> c/o Domnic Savio Vidyalaya ☎ 25016793	Pant Nagar, Ghatkopar (E) Mumbai- 400075
<b>Jai Vakeel School For Children</b> <b>in need of Special Care</b> ☎ 24702285 admin@jaivakeel.org <a href="http://www.theresearchsociety.org">www.theresearchsociety.org</a>	Abhyudaya Nagar, opp. Bldg.12, Sewari Hill, Near Kala Chowki Police Station, Sewari Road, Mumbai- 400038

<b>Jiddha Municipal School</b> ☎ 21713599	Tembi Naka, Shala no.12, opp.Town Hall, Thane
<b>Jivdani</b> ☎ 0250-2321334,9907290115,9619133693	Below Urdu School, Pinjarwada, Zenda Bazar, Vasai-401201
<b>Kakasaheb Thorat Special School</b> ☎ 9892590868 <a href="mailto:Info@zedua.com">Info@zedua.com</a>	Airoli Sector 19, Opp. New Horizon School, ALAL 22 no. 1, near Avdhoot Hospital, Navi Mumbai-400708.
<b>Kalyandeep K. C. Nanavati Special School</b> ☎ 26105020, 9869459509	Bhagini Seva Mandir, Kumarika Stree Mandal, Sarojini Naidu Road,Vile Parle (W), Mumbai- 400056
<b>Kshitij School for Mentally Challenged</b> ☎ 24898780 <a href="mailto:kshitij@kshitijsschool.com">kshitij@kshitijsschool.com</a> <a href="http://www.kshitijsschool.com">www.kshitijsschool.com</a>	Thakurwadi, Near Vaibhav Hall, Old Dombivli Road, Dombivli West, Thane.
<b>Little Hearts Learning Centre for Children</b> <b>with Special Needs</b> <b>(Initiative of Drishti Foundation)</b> ☎ 9967707505,9920834843 <a href="mailto:info@drishtifoundation.org">info@drishtifoundation.org</a> <a href="http://www.drishtifoundation.org">www.drishtifoundation.org</a>	Plot No. 81C, Sindhi Society, Chembur, Mumbai-400071.
<b>Little Pods</b> ☎ 9167240058,9820495351 <a href="mailto:info@littlepods.in">info@littlepods.in</a> <a href="http://www.littlepods.in">www.littlepods.in</a>	91, Springboard Business Hub Pvt Ltd, B wing, 6th floor, cabin no: 6.32, Akruti Trade Centre, MIDC, Andheri (E), Mumbai- 400093, India.
<b>Mariposa Foundation Centre for</b> <b>Multiple Disabled Children</b> ☎ 9870024969	C/O My Happy Place , Ground Floor, Ratan Mansion, Wadia House, Tardeo, Mumbai- 400007
<b>Marthoma Special School</b> ☎ 0251-2390802, 9004528321	Titwala
<b>Mona Remedial Educational Center</b> ☎ 24133387 <a href="mailto:monaremedial@gmail.com">monaremedial@gmail.com</a> <a href="mailto:monaremedial@gmail.com">monaremedial@gmail.com</a> <a href="http://www.monaremedial.in">www.monaremedial.in</a>	Bullet Building, 2nd Floor, L.N. Road, Opp IES Primary School, Matunga (E), Mumbai 400019.

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<b>M.B. Barvalia Foundation</b> ☎ 25084467, 25013985 <a href="mailto:info@spandan.co">info@spandan.co</a> <a href="http://www.holisticfoundation.org">www.holisticfoundation.org</a>	Opp. Bldg. no. 161, Near Jain Temple, Naidu Colony, Pant Nagar, Ghatkopar (E), Mumbai- 400075
<b>Muskan Foundation's H.G.Hanmante Special School</b> ☎ 022-26592745/9930386115/7506094898 ☎ 8879835963 <a href="mailto:contact@muskanfoundation.org.in">contact@muskanfoundation.org.in</a> <a href="http://www.muskanfoundation.org.in">www.muskanfoundation.org.in</a>	15,Prashant,Kalanagar,Opp.MHADA Bandra(E), Mumbai-400051  Goregaon Centre, 10/40, Yashwant Nagar, Opp Apna Bazaar, Goregaon (W), Mumbai – 400062.  Kandivalli Centre Address: K.B. Patil International School,Next to Jinay Building Charkop, Sector-8, Kandivalli (West), Mumbai-400067  Wadia Centre, Parel 2nd Floor, Bai Jerbai Wadia Hospital for Children, Acharya Donde Marg, Lower Parel, Mumbai 400012
<b>Nagapada Neighbourhood House</b> ☎ 23010287 <a href="mailto:mmnnh1827@gmail.com">mmnnh1827@gmail.com</a>	Sophia Zuber Road, Nagpada Police Station, Byculla, Mumbai- 400008
<b>Navnirman Special School</b> ☎ 28892409, 8888677.	Near Kedia Shopping Center, Anand Road, Malad (w), Mumbai- 400064
<b>Navjeevan Apang Seva Trust</b> ☎ 2563231/2563881/562891281 <a href="mailto:navjeevancentre@yahoo.com">navjeevancentre@yahoo.com</a>	7 Anubhuti Sadan, 71 Jai Prakash Nagar, Goregaon (E), Mumbai 400063
<b>Neev Akshar</b> ☎ 8879184923, 9819408164,8879451677	003, Sonam Sarovar, Opp. Roxy Gym, Indralok Phase14, Bhayander (E), Thane- 401105.
<b>Pragati Kendra's Meera Vidyalaya</b> ☎ 24015106 <a href="mailto:pragatikendra@gmail.com">pragatikendra@gmail.com</a>	C/o Municipal Primary Marathi School, TelangRoad, Matunga(E),Mumbai – 400019
<b>Prashik Special School</b> ☎ 9892932467	Ram Zaroka Tower, B Wing, Shop no. 15, 16, 17, 18, Phase 4, Indralok Naka, Bhayendar (E), Thane.
<b>Premnidhi Special School</b> ☎ 65085554	Yaari Road, Versova, Andheri (W), Mumbai- 400 061
<b>Pride India Special Care Centre</b> ☎ 26520601/02 <a href="mailto:contactus@savethechildrenindia.org">contactus@savethechildrenindia.org</a> <a href="http://www.savethechildrenindia.org">www.savethechildrenindia.org</a>	Drive In Theatre Complex, Kalanagar, Bandra (E) Mumbai - 400 051

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<b>Punarvas Special School</b> ☎ 28727024 / 28747857 <a href="mailto:punarvas@hotmail.com">punarvas@hotmail.com</a> <a href="http://www.punarvas.org">www.punarvas.org</a>	Opp. Piramal Nagar, S. V. Road, Goregaon (W), Mumbai -400062
<b>Right Way Special School</b> ☎ 9167154959, 7666453575	Plot No - A-34, Sector No -14, Near D Mart, Behind Infinity Building, Kalamboli, Navi Mumbai – 410218
<b>Rukshminidevi Charitable School for Physically and Mentally Challenged</b>	Manav Mandir Compound, Amboli Road, Vasai Road (W), Dist-Thane
<b>Sadichcha Mand Budhi Vidyalaya</b> ☎ 0251- 2312507	Murbad Road, Opp. Chaya Talkies, Near Mahatma Phule Police Chowki, Kalyan
<b>Sai Aashray Special School</b> ☎ 7506449945, 9869611271	Shop No.8, Sony House, Chandavarkar Road, Near Ghantawala Pan bhandar Borivali West, Mumbai – 400092
<b>Sangharsh (Disability Intervention Center )</b> ☎ 7039814059 <a href="mailto:sahyogchehak@gmail.com">sahyogchehak@gmail.com</a> <a href="http://www.sahyogchehak.org.in">www.sahyogchehak.org.in</a>	Gaibanshah Darghah Road, Narayan Nagar, Behind Homeguard gate no 1 , Landmark between Shraddha Clinic & Heena Communication, Ghatkopar West, Mumbai - 400086
<b>Sankalp</b> ☎ 22152049	NWWA Special Education Center, Near WNC Officer's Mess, Navy Nagar, Colaba, Mumbai 400055
<b>Santosh Institute for Autism and Mentally Challenged Children</b> ☎ 9820687976, 9320687976, 26517600 <a href="mailto:santhomemiraroad@gmail.com">santhomemiraroad@gmail.com</a>	Astha, Kum Kum Hall, 1st Floor, M.G. Road, Near Suncity Theatre, Vileparle (E), Mumbai – 400057 Mahatma Gandhi School, Shiv Shekhar Marg, Govt Colony, Bandra (E), Mumbai - 400051.  Naghar Samaj Hall, Manpada Road, Star Colony, Near Mumbai Furniture, Dombivail (E), Mumbai - 421201.
<b>Savera</b> (Maharashtra State Women's Council's Gulistan & Rustom Billimoria Centre) ☎ 22073727	10, Raveline Street, Gratuitous Dispensary, Opp. Excelsior Cinema, Fort, Mumbai-400001
<b>Saraswati Mandir Trust's TULIP Nursery</b> ☎ 24155773 ☎ 26573131 <a href="mailto:info@tulipchildren.org">info@tulipchildren.org</a> <a href="http://www.tulipchildren.org">www.tulipchildren.org</a>	Raja Shivaji Vidyasankul, 135/145, Hindu Colony, Dadar, Mumbai- 400014  C/o New English School Campus, Bandra (East), Mumbai- 400051

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<b>Sulbha School for M.R. Children</b> ☎ 25229660, 25289644 <a href="mailto:sulabhaspecialschool@gmail.com">sulabhaspecialschool@gmail.com</a> <a href="http://www.sulabhaspecialschool.org">www.sulabhaspecialschool.org</a>	8/3, Tilak Nagar, Housing Board Colony, Chembur, Mumbai- 400089
<b>Shree Manav Seva Sangh's Shri.RadhabaiJamnadas Thakkar Autistic Centre</b> ☎ 24071553, 39351 1515,24077350, 24015561 Ext:578 <a href="mailto:info@shreemanavsevasangh.org">info@shreemanavsevasangh.org</a> <a href="http://www.shreemanavsevasangh.org">www.shreemanavsevasangh.org</a>	255/257,Sion Road, Sion (W), Mumbai-400022.
<b>Shashi Mangalyam School for Mentally Retarded</b> ☎ 28400609 <a href="mailto:sashimangalyam@gmail.com">sashimangalyam@gmail.com</a> <a href="http://smeducationsociety.in">http://smeducationsociety.in</a>	B-45, Shrinivasan Smruti, Yashodham, Gen.A.K. Vaidya Marg, Near Royal Challenge Restaurant, Dindoshi, Goregaon (E), Mumbai- 400063
<b>Special School for Sub Normal Children</b>	708, Bombay Market Apts., Tardeo, Mumbai-400034
<b>Shishu Kalayan Kendra</b> ☎ 66756260, 9969402231	B/2, Viral Apts., opp. Shopper's Stop, S.V. Road, Andheri (W), Mumbai-400058
<b>S.P.J. Sadhana School Empowering Persons with Special Needs</b> ☎ 23517913,23510853,23511954 <a href="mailto:spjsadhana@gmail.com">spjsadhana@gmail.com</a> <a href="http://www.spjsadhaschool.org">www.spjsadhaschool.org</a>	Dr.Rosendo Reibero Children Complex,Sophia College Campus,Bhulabhai Desai Road, Mumbai- 400026
<b>St. Teresa's Convent Special School</b> ☎ 26000144	1,1 <sup>st</sup> floor ,Treesas convent, S.V.Patel Road, Santacruz (W), Mumbai-400054
<b>Saibaba Educational Trust School for Mentally Retarded</b> 0251-2705659	1 <sup>st</sup> floor, Navjeevan Bank, No.3 O.T. Section, Ulhasnagar 421003
<b>Sevadaan Special School</b> ☎ 25218924	Plot no. 243, St. Anthony Road, Near OLPS Church, Chembur, Mumbai- 400071
<b>Sri Ma Snehadeep</b> ☎ 25861417, 25458751, 25458750 <a href="mailto:animalangels@animalangels.org.in">animalangels@animalangels.org.in</a>	C /O Sri. Ma. Bal Niketan High School, Near Hiranandani Estate, Patlipada, Near Municipal Commissioners Banglow, Ghodbunder Road, Thane (W)- 4000607
<b>Swami Brahmananda Pratishthan Centre for Special Children- Disha Village Project- 'Sweekar'</b> ☎ 27570389/3961 <a href="mailto:shirishv12@gmail.com">shirishv12@gmail.com</a> , <a href="mailto:sukan650@yahoo.co.in">sukan650@yahoo.co.in</a> <a href="http://sbp-pushpa.blogspot.com">sbp-pushpa.blogspot.com</a>	Navshanti, Sector 8 A, Plot no.7, C.B.D. Belapur, Navi Mumbai-400614

<b>St. John The Baptist School for Children in need of Special Care</b> ☎ 25341861 <a href="mailto:office@stjohnthebaptistthane.com">office@stjohnthebaptistthane.com</a> <a href="http://www.sjbhs.org">www.sjbhs.org</a>	Jambhli Naka, Thane (W) Mumbai -4000601
<b>School for M.R. Children</b> ☎ 23081491, 23027659	Mental Health Clinic, Raja Rammohan Roy Road, Mumbai- 400004
<b>Sadichcha Mand Buddhi Vidyalaya</b> ☎ 0251- 2312507	Murbad Road, opp.Chaya Talkies, Kalyan
<b>Shri Ramkrishna Shikshan Mandal's Dr. Kusumtai Naravane Special School 'Sadaphooli'</b> ☎ 28654623, 28017257	M.G. Road, Near Swaminarayan Mandir, Kandivali (W),Mumbai- 400067
<b>Swami Parijnanashram Educational and Vocational Center</b> ☎ 7745873108 <a href="mailto:swami_p@vsnl.com">swami_p@vsnl.com</a>	Deolipada, Kharodi Naka, Bolinj, Virar (W), Tal- Vasai, Dis- Thane, Pin-401303
<b>Smt. Rukshminiben Amrital Seth 'Shartul' Gurukul Center for Special Children</b> ☎ 25140894, 23633175/9	M.G. Road, Near Bank Of India , Ghatkopar (W), Mumbai-400086
<b>Sanjivani School for Mentally Challenged Children</b> ☎ 9561262249, 0250-2380924	C/O Nazareth Convent, Behrampur, Vasai Road, Vasai Road, Vasai, Dist- Thane.
<b>The Goodwill Foundation Charitable Trust's Snehalay Special school</b> ☎ 28101682, 98921 12707, 9867981224 <a href="mailto:info@thegoodwillfoundation.org">info@thegoodwillfoundation.org</a>	Row House No.18, Opp. Old Petrol Pump, Mira Bhayander Road, Mira Road East, Mumbai 401107.
<b>The Indian Council For Mental Health's Skills and Ability School</b> ☎ 27704355	Sector-11, Plot no-9, Next to St. Augustine School, Nerul,Navi Mumbai- 400706
<b>Mulund Skills and Ability School</b> ☎ 25921571 <a href="mailto:cso@icmh.org.in">cso@icmh.org.in</a> <a href="http://www.icmh.org.in">www.icmh.org.in</a>	Gr. floor, Muncipal School,Near Kalidas Auditorium, P. Kheraj Road, Mulund West, Thane, Mumbai 400080
<b>Vallabhdas Dagara Indian Society For Mentally Retarded</b> ☎ 28892409 <a href="mailto:VDISMR@YAHOO.CO.IN">VDISMR@YAHOO.CO.IN</a> <a href="http://www.vdis.org">www.vdis.org</a>	Khushaldas Dagara house, Near Ruia Hall, Station Road, Malad (W), Mumbai-400064
<b>Victoria Blind Memorial's The VMS Learning Centre</b> ☎ 23533541, 23531236, 23532979 <a href="mailto:vm@blindschool.net">vm@blindschool.net</a> <a href="http://www.vmsb.org">www.vmsb.org</a>	73, Tardeo Road, Opp. Film Centre, Mumbai - 400034.

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<b>Umang Charitable Trust</b> ☎ 28600624  ☎ 7506002345  ☎ 9987141445 <a href="http://www.umang-trust.org">www.umang-trust.org</a>	93/924, Siddhivinayak CHS Ltd, Off New Link Road, Mahavir Nagar, Kandivali (W), Mumbai-400067
	Row House No. 8, Opposite BMC Garden, Gopal Patil Rd, Indralok Phase 2, Mira Road East, Mira Bhayandar, Maharashtra 401105
	1st floor, Makwana Tower, Makwana Complex, Naringi Road, Virar (E), Mumbai 401305
<b>Urmi Foundation</b> ☎ 09768132001, 8451961438. <a href="mailto:urmi.ngo@gmail.com">urmi.ngo@gmail.com</a> <a href="http://www.urmifoundation.com">www.urmifoundation.com</a>	Urmi Foundation partners with BMC Special Schools at following centres: Parel, Chembur, Ghatkopar, Sion, Dadar.
<b>VidyaVardhini Foundation Trust</b> ☎ 9820002916 <a href="mailto:chitra@vidyavardhini.org">chitra@vidyavardhini.org</a> <a href="http://www.vidyavardhini.org">www.vidyavardhini.org</a>	Jawaharlal Nehru Seva Sadan 24/26, I – Sector, Cheeta Camp Trombay, Mumbai 400088.
<b>Wonderland Special School</b> ☎ 9820409686 <a href="mailto:manebindu@hotmail.com">manebindu@hotmail.com</a>	8 A/103, Alica Nagar, Akurli Road, Kandivali (E), Mumbai-400101.















## Pune - Code (020)

Please contact [www.umedpariwar.org](http://www.umedpariwar.org) 9850045456, 9822030093 for Updated Pune No.s

<b>Apang Sahaykari Sanstha's 'Jeevan Dhara' M.R School</b> ☎ 26336548	Near Daruwala Bridge, Pune - 411001
<b>Bal Kalyan Sanstha</b> ☎ 25655953 <a href="mailto:balkalyansanstha@gmail.com">balkalyansanstha@gmail.com</a> <a href="http://www.balkalyan.org">www.balkalyan.org</a>	Near Raj Bhavan, Ganeshkhind Road, Pune 411 007
<b>Centre for Special Education for CP children</b> ☎ 24454473 <a href="mailto:info@olsbbsr.org">info@olsbbsr.org</a>	Sardar Kanhoji Angre Vidyalaya, School no.24, Shukrawar Peth, Near Phadke Police Chowki, Pune-411002
<b>Jeewan Jyot Mandal Institute for MR Children</b> ☎ 25463259, 25446258	Plot No. 62, Tarate Colony, Karve Road Pune – 411004

<b>Kamayani School for the MR &amp; Workshop</b> (Hostel Facility available) ☎ 25673529 office@kamayanischool.org	270/B, Gokhale Nagar, Near Patrakar Bhavan, Pune-411016.
<b>Kamayani Vidyamandir &amp; Workshop</b> ☎ 25673529, 5651588	270/B, Ghokhale Nagar, Pune 411016
<b>Kamayani Vidyamandir</b> ☎ 2765 1221 office@kamayanischool.org <a href="http://www.kamayanischool.org">www.kamayanischool.org</a>	Sector 24, Near Chintamani Ganesh Mandir, Pradhikaran, Nigadi, Pune-400044 One extra class at Talegao – Dabhade
<b>K. E. M. Hospital</b> ☎ 6603 7336, 2613 5979 , 2611 9621	Sardar Moodliar Road, Rastapeth, Pune – 411011
<b>Manasokta</b>	107, Anurag Apartments, 122/3 Kamala Nehru Park, Erandavan, Pune – 411004
<b>Pannalal Lunkad Charitable Trust's Prakash Jyot M.R. School</b> ☎ 26876877	Near Vaibhav Talkies, Hadapsar, Pune-411028
<b>Prism Foundation's LARC School</b> 20-25679714 prismfoundation@hotmail.com <a href="http://www.prism-foundation.in">www.prism-foundation.in</a>	77, Erandwana, Prabhat Road, Lane no.15, Pune-411004.
<b>Sevasadan School- Dilasa</b> ☎ 24480549 punesevasadansociety@gmail.com <a href="http://www.mvmindia.org">www.mvmindia.org</a>	613/14, Sadashiv Peth, Laxmi Road, Pune - 411030349
<b>Savali Association for MR and CP Children</b> ☎ 25282379 presidentsavali@gmail.com	Sr No 78, P No 13, Savali, Paud Road, Kothrud Depot, Pune- 411038
<b>Sindhu Vidya Bhavan</b> ☎ 2585 1816 sindhavidyabhavan@yahoo.com	349, Sind Society, Aundh, Sadhu Vasavani Nagar, Pune- 411007.
<b>Viman Nagar Air Force School</b> ☎ 26633451 afsvnedn@gmail.com	Viman Nagar, Near Airport ,Pune-411014.
<b>Vidya Vardhini School</b> ☎ 25532969	19/2, T P Scheme, Shivajinagar, Pune, 411005

## Bangalore (Code-080)

<b>Sneha Bhavan Institute for Mentally Disabled</b>  25477081 25440268, 04344-522168	849/5, Ram Dev Garden, Kacharkanahalli Add 2: No 1/1, Hope Garden, Off Rayakottai Road, HM Road, Chennathur, Bangalore Hosur - 9.
<b>Vathsalya, HAL School for Special Education</b>  25230552,25230554, 25222725	3 Nam Joshi Road, Jawaharnagar, Marathalli Post, Bangalore - 560037.
<b>Arpana Special School</b>  2551 4235	All Saints Church Compound, 1 Hosur Road, Bangalore - 560025.
<b>Ashalaya</b>  28465320	No. 115, 2nd Cross, Ashalaya Layout, Hennur Main Road, Geddalalahalli, Kothanur Post, Bangalore - 560077.
<b>Ashankura, BEL Special School</b>  22195646	BEL, Jalahalli, Bangalore - 560013.
<b>Association for the Mentally Challenged</b>  2656 6197	Between Kidwai Cancer Hospital and Government Observation Home, Off Hosur Road, Bangalore - 560029.
<b>Bala Mano Vikasa Kendra</b>  23349932 23638605	98/1, Westpark Road, between 13th and 12th cross, Bangalore - 560003.
<b>Baldwin Opportunity School</b>  2221 4514	3 Rhenius Street, Richmond Town, Bangalore - 560025.
<b>Bethany Special School</b>  25532189 <a href="mailto:school@bethanyinstitutions.edu.in">school@bethanyinstitutions.edu.in</a> <a href="http://www.bethanyinstitutions.edu.in">www.bethanyinstitutions.edu.in</a>	CA-12, 20th Main, 6th Block, Koramangala, Bangalore - 560095.
<b>Cluny Convent Opportunity School</b>  23346536, 080 23469276 <a href="mailto:info@clunymalleswaram.org">info@clunymalleswaram.org</a> <a href="http://www.clunymalleswaram.org">www.clunymalleswaram.org</a>	11th Main, Malleswaram, Bangalore - 560003.
<b>KPAMRC - Parents Association for Mentally Retarded Citizens</b>  22441289,22444234 <a href="http://www.kpamrc.in">www.kpamrc.in</a>	AMH Compound, Off Hosur Road, Near Kidwai Hospital, Bangalore 560029
<b>Krishna Trust for Welfare of Mentally Retarded</b>  23228816	276/217, 8th Main Road, Saneguruvanahally Basaveshwaranagar, Bangalore - 560079.
<b>Liza's Home</b>  25495799	No. 1347/7-12, Antony Layout, 'B' Block, Lingarajapuram, Bangalore - 560084.
<b>Manonandana Centre for Mentally Retarded Children</b>  26766938	1, 3rd Main Road, Tata Silk Farm, Bangalore - 560004.

<b>Nachiketha Manovikasa Kendra</b> ☎ 2311 0286	13th Main Road End, MC Layout, Vijayanagar, Bangalore - 560040.
<b>Nivedana</b> ☎ 23351677,23502132	180, 2nd Main, 4th Block, Rajajinagar, Bangalore - 560010.
<b>SIVUS India</b> ☎ 28465320	No 115, 2nd Cross, Ashalaya Layout, Hennur Main Road, Geddalahalli, Kothanur Post, Bangalore - 560077.
<b>Sneha Bhavan Institute for Mentally Disabled</b> ☎ 2547708, 25440268 04344-522168	849/5, Ram Dev Garden, Kacharkanahalli Add 2: No 1/1, Hope Garden, Off Rayakottai Road, HM Road Chennathur, Bangalore Hosur - 9.
<b>Sophia Opportunity School</b> ☎ 2220 8794	PO Box 5232 , 70 Palace Road, Bangalore – 560001
<b>The Marthoma Opportunity School</b> ☎ 2561 0247	Bethelnagar, Basavanapura, Off Devasandra Main Road, Krishnarajapuram, Bangalore - 560036.
<b>Vanitha Seva Mandir</b> ☎ 2315 4102	682-A, 4th Block, Rajajinagar, Bangalore - 560010.

## Delhi (011)

<b>CAN- Conecent Actions Now</b> ☎ 26132815, 26122705	B-IV, 3067 Aruna Asaf Ali Road, Vasant Kunj, New Delhi-110070
<b>National Institute of Mentally Handicap (NIMH)</b> ☎ 29818712 nimh[dot]director[at]gmail[dot]com	Model School, Kasturba Niketan, Lajpat Nagar II, New Delhi-110024
<b>Spastic Society for Northern India(SSNI)</b> ☎ 26966331, 26864714, 26569107 aadi@aadi-india.org <a href="http://www.aadi-india.org">www.aadi-india.org</a>	2, Balbir Saxena Marg, Hauz Khas, New Delhi
<b>Tamana</b> ☎ 26151572 info@tamana.org <a href="http://www.tamana.org">www.tamana.org</a>	D-6 Street, Vasant Vihar, New Delhi-110057
<b>Udaan for the Disabled</b> ☎ 41621137 info@udaan.org <a href="http://www.udaan.org">www.udaan.org</a>	C/27-28 Dayanand Colony, Lajpatnagar - 4, New Delhi 110024
<b>VIMHAS (Vidya Sagar Institute of Mental Health Neurosciences)</b> ☎ 011 6617 6617, 1800-11-1801 info@udaan.org	No 1 , Institutional Area, Nehru Nagar, New Delhi-110065

**Brihan Mumbai Municipal Corporation (BMC) Schools**  
**For Children with ID/CP**

In Mumbai there are 18 Special Schools run by BMC for MR children.

For Details Contact –Brihanmumbai Mahanagarpalika Education Department,  
Office of The Education officer, Hindu Colony, Dadar (E), Mumbai- 400014

**Ph-022-24142342/4 (Fax: 24145922 )**

**Email: dyeodietmcgm@gmail.com**

1. Anand Nagar, Sindhi Colony, Chembur (W)
2. Bajaj Road, Railway Station, Kandivali (W)
3. D.C. Road, Nehru Nagar, Worli
4. Dhanji Devshi Hingwala Lane, Ghatkopar (E), Mumbai 400077, Ph-25152903
5. Golibar Road, Santacruz (E)
6. Goshala Road, Mulund (W)
7. Gilder Path Lane for M.R., Mumbai Central
8. Juhu, Mumbai- 400052
9. Mumbadevi
10. M.V.R., S' Ward- office, Bhandup
11. Manilal Sunderji, D. Joshi Marg, Vile Parle (W)
12. Mithanagar, Goregaon (W)
13. Nare Park, Parel
14. Next to Dadar- Matunga Cultural Center, Matunga (W)
15. Off. Gokul Hall, Sion Koliwada
16. R.R. Marg, Bandra(W)
17. Sodavala Lane, Borivali (W)
18. S.G. Barve, Kandivali (W)

**Urmi Foundation partners with BMC Special Schools at following centres:  
Parel, Chembur, Ghatkopar, Sion, Dadar**

**Contact- Sonalee Shyamsunder - 09768132001, 8451961438.**

## Schools / Organisations for Children with Autism

### Mumbai (Code-022)

<b>ADI-Nair Hospital's Centre for Autism</b> ☎ 23081490/99	Dr. Nair Hospital, Mumbai Central, Mumbai-400008.
<b>Aashray Rehabilitation Centre</b> ☎ 2775 1149 <b>care@ashraycarecentre.com</b> <a href="http://www.aashray.com">www.aashray.com</a>	Plot no-5, Sector- 7, Sanpada, New Mumbai -400705. (Autism Section)
<b>Akhil Autism Foundation</b> ☎ 26371764 <b>programs@akhilautismfoundations.org</b> <a href="http://www.akhilautismfoundation.org">www.akhilautismfoundation.org</a>	B/403 Milap Society, Juhu Versova Link Road, Andheri (W), Mumbai- 400058
<b>Anandi</b> ☎ 38584989, 9820923296	1st Floor, c/o BMC School, Shahaji Raje Marg, Near Parle-G Company, Vile Parle (E), Mumbai – 400057
<b>Anvay (GAET's NIOS Centre – Goenka &amp; Associates Educational Trust)</b> ☎ 40278215/216 <b>counseling_nios@gaet.edu.in</b> <a href="http://www.gaet.edu.in/counselling/academic/currcculm.jsp">www.gaet.edu.in/counselling/academic/currcculm.jsp</a>	Yashodham High school Bldg, Yashodham, Goregaon (E), Mumbai-400063.
<b>Ashiana Institute for Children with Autism</b> ☎ 26845062	Nityanand Marg, Municipal School, Opp. Garware Plastics, Sahar Road, Andheri (E), Mumbai- 400069
<b>Aspire Educational Services</b> ☎ 9967485161	205AA, LBS Marg, Ghatkopar (W) Mumbai
<b>Astitva School</b> ☎ 0251-2471358	Plot No 8, Midc, Phase 1, Next To LIC Office, Kalyan Road, Tilak Nagar Dombivili, Thane - 421201
<b>BMI- Behavior Momentum India</b> ☎ 7042849145 ☎ 990 009 6529	Bungalow number 186, Row House no. 22, Unnat Nagar – 2, Goregaon (west), Mumbai. Mumbai 400062  No.3, Ground Floor, Yusuf Manzil, 131, Avabai Kashinath Road, Tardeo, Mumbai - 400034

<b>C Sharp Special Kids' World</b> ☎ 02228712261, 9819185769, 9820169635, 9619324644 <b>info@specialkidsworld.com</b> <a href="http://www.specialkidsworld.com">www.specialkidsworld.com</a>	45/379, Unnat Nagar CHS LTd, Off S.V. Road., Goregaon West, Mumbai-400062.
<b>Child N You</b> ☎ 25893373 <b>email@yourbusiness.com</b> <a href="http://www.childnyou.org">www.childnyou.org</a>	B-6, Aggarwal Estate, Chitalsar, Manpada, S.V. Road, Thane-400610.
<b>ChildRaise</b> ☎ 24386767, 1800 22 1203 <a href="http://www.childraise.com">www.childraise.com</a>	9, Jaldevi Niwas, Moghal Lane, Matunga Raod(W),- 400016
<b>Communication DEALL</b> ☎ 65076695 <b>communicationdeallmumbai@gmail.com</b> <a href="http://www.communicationdeall.org">www.communicationdeall.org</a>	2 <sup>nd</sup> floor, Laud Mansion, Opp. Charni Road Rly. station(E), Mumbai- 400020
<b>Dakshinya Academy for Learning</b> ☎ 09967426826, 9892546677, 9892171889 <a href="http://www.dakshinyaacademy.webs.com">www.dakshinyaacademy.webs.com</a>	C/O Pragya Bodhini High School, 3 <sup>rd</sup> Floor, Jaiprakash Road, Goregaon (E), Mumbai- 400064.
<b>DISHA (Comprehensive Rehab Centre)</b> ☎ 26602605, 26140897, 9821432586	308, Kamla Spaces, Above Kohinoor Showroom, Near Khira Nagar, Swami Vivekananda Road,Santacruz (W), Mumbai- 400054
<b>Divyam Centre for Autism</b> <b>(Mirador Foundation Initiative)</b> ☎ 65800800,69091212, 8369999593 <a href="http://www.themirador-foundation.org">www.themirador-foundation.org</a>	37- A, Kaamgar Nagar, Near nandikeshwar Mandir, Kurla (E), Mumbai-400024.
<b>Forum for Autism</b> ☎ 9029018100, 8080809116 <b>forumforautism@gmail.com</b> <a href="http://www.forumforautism.org">www.forumforautism.org</a>	Flat no. 1, Gr. floor, Sorabh House, Garden Lane, off Colaba Causeway, Colaba, Mumbai-400005
<b>ICMH - Mulund Skills and Ability School</b> ☎ 25921571 <b>cso@icmh.org.in</b>	Municipal School Building, Near Kalidas Auditorium,P.K. Road, Mulund West, Mumbai- 400080
<b>ICMH - Nerul Skills and Ability School</b> ☎ 27704355 <b>cso@icmh.org.in</b> <a href="http://www.icmh.org.in">www.icmh.org.in</a>	Plot No. 9, Sector 11, Nerul Township, Nerul(E) , Navi Mumbai- 400706
<b>Jidda Special School</b> <b>(TMC's Dharmaveer Anand Dighe)</b> ☎ 21713599	Tembi Naka, Muncipal school no.12, opp.Town Hall, Thane
<b>Jeevdani</b> ☎ 0250-2321334	Below Urdu School, Pinjarwada, Zenda Bazar, Vasai-401201

<b>La Casa School For Special Education &amp; Habilitation</b> ☎ 65210690, 9004604330, 9930379590 sheena@lacasaschool.com <a href="http://www.lacasaschool.com">www.lacasaschool.com</a>	Ganpati Complex, G1/G2, Sector 20, Belapur Village, Navi Mumbai.
<b>M.B. Barvalia Foundation's Spandan School for Autism</b> ☎ 25084467, 25080961 info@spandan.co <a href="http://www.holisticfoundation.org">www.holisticfoundation.org</a>	Opp. Bldg no. 161, Near Jain Temple, Naidu Colony, Pant Nagar, Ghtkopar (E), Mumbai-400075
<b>Mona Remedial Education Centre</b> ☎ 24131011, 2413387 monaremedial@gmail.com <a href="http://www.monaremedial.org">www.monaremedial.org</a>	2nd Floor, Bullet Building, L.N. Road, Opp IES Primary School, Matunga (East), Mumbai 400019.
<b>Muskan Child Development Centre</b> ☎ 26592745, 32174883 contact@muskanfoundation.org.in <a href="http://www.muskanfoundation.org.in">www.muskanfoundation.org.in</a>	15, Prashanti, Kalanagar, Opp. MAHDA, Bandra(E), Mumbai-400051
<b>New Horizons Child Development Centre (NHDC)</b> ☎ 65711586 / 65250644 91 9324356740  Bhandup (W): ☎ 9769669332 Santa Cruz : ☎ 9819224415  Dadar : ☎ 7506171230  Goregaon : ☎ 65711586 Goregaon West: ☎ 7506171240 info@enablemychild.org <a href="http://www.enablemychild.org">www.enablemychild.org</a>	Saira Mansion, Pahadi School Rd 2 Goregaon (E), Mumbai – 400063  Pawar Public School Opp. Dreams Mall, Off LBS Marg, Bhandup (W) Mumbai – 400078  47, 1st Floor, Hi-Life Mall, Opp. Santa Cruz Station, Santa Cruz (W), Mumbai – 400054 At Jeevak Hospital, Sai Kunj, 1st Floor MMSG Marg, Dadar (E), Mumbai – 400014  Unit 10, Techniplex II, Veer Savarkar Flyover, Goregaon (W), Mumbai – 400062
<b>Neev Akshar Child Development Centre</b> ☎ 8879184923, 9819408164, 8879451677	003, Sonam Sarovar, Opp. Roxy Gym, Next to Ram Dwara Mandir, Indralok Phase 14, Bhayander (E), Thane - 401105

<b>Organisation for Autistic Individuals</b> ☎ 26345549, 9819063844, 9833574882, 9870064022 itsoai2012@gmail.com <a href="http://www.oaischoolofautism.org">www.oaischoolofautism.org</a>	MCGM Welfare Centre , CTS No. 1/38/3A/2 , Oshiwara, Shree Swami Samartha Prasanna Co –op Housing Society Ltd., Lokhandwala Back Road, Opposite Joggers Track, Swami Samarth Nagar, Lokhandwala Complex, Andheri West, Mumbai - 400053
<b>P. D. Hinduja Hospital CDC</b> ☎ 24451515 Ext- 8258/ 8259	Room no-2310, 2nd floor, OPD Bldg P.D. Hinduja Hospital, Mahim, Mumbai-400016
<b>Podar Khushi Kids In association with New Horizons Child Development Centre (NHCD)</b> ☎ 40262324	9A/1 Model Town, Near Takshila Off Mahakali Caves Rd, Andheri-East, Mumbai-400093
<b>Podar Happy Kids</b> ☎ 43330060/63/62	85, Podar Centre, Post Office Lane, off Ambedkar Rd, Parel, Mumbai-400012
<b>Podar Khushi Kids</b> ☎ 26704842 <a href="http://www.podarkhushikids.com">www.podarkhushikids.com</a>	22/5, Naman Dadabhai Rd, Andheri-West, Mumbai-400058
<b>Prayas Special School</b> ☎ 9920119810 <a href="https://www.prayaspune.org/">https://www.prayaspune.org/</a>	Unnat Nagar, Next to BMC School, SAI Clinic Lane, opp. Patkar College, Goregaon, Mumbai- 400062
<b>Prayas Child Development Centre</b> ☎ 0251-3210978, 9881275587	Sadguru Niwas, Opp. Block no.1397, Section-32, Ulhasnagar
<b>Prerna – Centre for Autism and Related Disorder</b> ☎ 22164110	29, Ground floor, Meherzin CHS Ltd., 109- A, Wood House Road, Colaba, Mumbai- 400005
<b>Priyanj</b> ☎ 28753880 <a href="mailto:info@priyanjspecialschool.com">info@priyanjspecialschool.com</a> <a href="http://www.priyanjspecialschool.com">www.priyanjspecialschool.com</a>	239/1905, Motilal Nagar, no-1, Achyut Behre Marg, Near Ganesh Mandir, Road no.4, Goregaon (W), Mumbai-400064
<b>Punarvas Special School</b> ☎ 28727024 / 2 8747857 <a href="mailto:punarvasschool@gmail.com">punarvasschool@gmail.com</a> <a href="http://www.punarvas.org">www.punarvas.org</a>	Opp. Piramal Nagar, S. V. Road, Goregaon (W), Mumbai- 400062
<b>Rhyme N Reason Early Learning Centre(ELC)</b> ☎ 9821313567	103, Leena Residency Gulmohar Road, Near Club Millennium JVPDS, Juhu, Mumbai 400049

<b>Santosh Institute for Autism and Mentally Challenged Children</b> ☎ 9820687976, 9320687976	Astha,Kum Kum Hall, 1st Floor, M.G. Road, Near Suncity Theatre, Vileparle(E),Mumbai – 57  Mahatma Gandhi School, Shiv Shekhar Marg,Govt Colony, Bandra (E), Mumbai: - 400051.  Naghar Samaj Hall, Manpada Road, Star Colony,Near Mumbai Furniture, Dombivail (E), Mumbai- 421201.
<b>Sairam Autism Centre</b> ☎ 24701129 admin@jaivakeel.org <a href="http://www.theresearchsociety.org">www.theresearchsociety.org</a>	C/O Jai Vakeel School, Sewri Hill, Sewri Road, Opp. Abhyudaya Nagar Bldg. No. 12 Near Kalachowki Police Station, Mumbai – 400033.
<b>S.P.J. Sadhana School Empowering Persons with Special Needs</b> ☎ 23517913, 23510853 spjsadhana@gmail.com	Dr.Rosendo Reibero Children Complex Sophia College Campus, B.D. Road, Mumbai 400026
<b>Samarpan- Centre for Autism Spectrum Disorder (Sopan Trust)</b> ☎ 65043998, 650439980, 2832 8351, 93232 02768 info@sopan.org <a href="http://www.sopan.org">www.sopan.org</a>	B.M.C. School Building, Natwar Nagar Road No.5, Jogeshwari (E), Mumbai- 400060.
<b>Sanskardham Vidyalaya (in collaboration with) Sol's Arc</b> ☎ 28764517	Unnat Nagar, Mahatma Gandhi Road, Bangurnagar, Goregaon (W), Mumbai- 400090
<b>SAI- Support For Autistic Individuals</b> ☎ 26050992, 26426066/88 +91 98677 15380 saiconnections01@gmail.com <a href="http://www.saiconnections.com">www.saiconnections.com</a>	Landmark Platinum, Unit No. 602, th 6 Floor, Plot No. 337/338, Corner of S.V. Road & 34 Road, Khar (W), Mumbai - 400 052.
<b>Shree Manav Seva Sangh's Shri.RadhabaiJamnadas Thakkar Autistic Centre</b> ☎ 24071553, 24077327, 24077350, 24015561 Ext:578 inst@shreemanavsevasangh.org	255/257,Sion Road, Sion (W), Mumbai-400022.
<b>Sunshine Organisation</b> ☎ 27827342/65657054 <a href="mailto:SUNSHINE.VASHI@GMAIL.COM">SUNSHINE.VASHI@GMAIL.COM</a> <a href="http://www.sunshineschool.org.in">www.sunshineschool.org.in</a>	Opp.Meghdoot Hotel, Sector-2, Vashi, Navi Mumbai-400703.

<b>Umang Centre for Autistic &amp; Slow learners</b> ☎ 28600624 <a href="http://www.umang-trust.org">www.umang-trust.org</a>	93/924 Siddhivinayak CHS, Off New Link Road, Mahavir Nagar, Kandivali (West), Mumbai 400067
<b>Ummeed Early Intervention Centre for children with Developmental Disabilities</b> ☎ 65528310/65564054 scheduling.team@ummeed.org <a href="http://www.ummeed.org">www.ummeed.org</a>	Ground Floor, Mantri Pride, 1B/162, N.M. Joshi Marg, Subhash Nagar, Opp. Chinchpokli, Lower Parel(E), Mumbai- 400011
<b>Victoria Memorial School (VMS)</b> ☎ 23531236, 24944236 vm@blindschool.net <a href="http://www.vmsb.org">www.vmsb.org</a>	73, Tardeo Rd, Opp Film Center, Tardeo, Mumbai-400034
<b>Vision Institute for Autism</b> ☎ 8108240005, 9833815215, 8308554058	C/701, Subh Sarita Building, Krishna Nagar, Borivali (E), Mumbai- 400066

## Pune (Code 020)

<b>Bharatiya Samaj Seva Kendra</b> ☎ 26128002, 26055332 bssk@bsskindia.org <a href="http://www.bsskindia.org">www.bsskindia.org</a>	Bertha Varada", 6th Lane, Plot No. 373 Koregaon Park, Pune 411001
<b>Pathways</b> ☎ 9822028015	14, Pooja, Pandurang Colony Pune 411 038
<b>Prasanna Autism Center</b> ☎ 25652246, 9326013744 hello(at)prasannaautismcentre.com <a href="http://www.prasannaautismcentre.com">www.prasannaautismcentre.com</a>	895, Shivaji Nagar, Deccan Gymkhana, Pune- 411004

## Others

<b>Aarambh Autism Centre</b> ☎ 8275284178/9145381228 <a href="http://www.aarambhtrust.com">www.aarambhtrust.com</a>	No.24, MHADA Colony, Shah Noor Dargah Road, Shahnoorwadi, Aurangabad- 431006.
<b>SOCH</b> ☎ 9910199877 msamnani77@gmail.com <a href="http://www.sochindia.org">www.sochindia.org</a>	Sector – 27, Gurgaon 122009
<b>Shakti Learning Centre &amp; Research</b> ☎ 9325303499, 9765557770 admin@slarc.in <a href="http://www.slarc.in">www.slarc.in</a>	B-204, Jai Kranti Society, Kadabhi Chowk, Nagpur – 440004

## Delhi (Code- 011)

<b>Action For Autism's Open Doors Day School</b> ☎ 4054 0991 <b>actionforautism@gmail.com</b> <a href="http://www.autism-india.org">www.autism-india.org</a> Please log on to <a href="http://autism-india.org/organisations-worldwide.php">http://autism-india.org/organisations-worldwide.php</a> for National & International Autism Centres	Pocket 7 & 8 , Jasola Vihar New Delhi 110025
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## Bangalore (Code – 080)

<b>Apoorva Center for Autism by SAI (Society for the Autistics in India)</b> Lions Club of c /o Sarakki ☎ 8762780445 / 9448372002 <b>nithya.madhu@gmail.com</b> <a href="http://www.saiatmcenter.org">www.saiatmcenter.org</a>	21 <sup>st</sup> main, 1 <sup>st</sup> cross Marenhalli, JP Nagar Phase-2 Bangalore-560078
<b>Asha Academy for Severe Handicaps and Autism</b> ☎ 23225279 / 23230357 <b>info@ashaforautism.com</b> <a href="http://www.ashaforautism.com">www.ashaforautism.com</a>	L-76 /A, (Oppositeto L-50) Kirloskar Colony, HBCS 3 <sup>rd</sup> Stage, 4 <sup>th</sup> Block, basaveshwaranagar, Bangalore- 560005
<b>Bubbles Centre for Differently Abled</b> ☎ 28465336, 09449003602, 09845557115 <b>admin@bubblesblr.org</b> <a href="http://www.bubblesblr.org">www.bubblesblr.org</a>	1279, 1st Cross, KHB colony, Govindrajnagar, Bangalore - 560 079.
<b>KPAMRC - Karnataka Parents Association for Mentally Retarded Citizens</b> ☎ 26564608 , 26563267 <b>kpamrc@gmail.com</b> <a href="http://www.kpamrc.in">http://www.kpamrc.in</a>	AMH Compound, Off Hosur Road, Near Kidwai Hospital, Bangalore
<b>Sunshine Autism Trust</b> ☎ 8197653602 <b>sunshineautism@gmail.com</b> <a href="http://www.autismbangalore.org">www.autismbangalore.org</a>	280,6th Cross, Domlur Layout Bangalore -560071

## **Organisations / Schools for Slow Learners and Children with Learning Disability (LD)**

### **LD Assessment and Certification Centres for Maharashtra**

- **Lokmanya Tilak Municipal General Hospital (Sion Hospital)**  
Dr Ambedkar Road, Sion, Mumbai – 400022  
  
☎ **022-24092020, 24076381, 24076382, 24011984**
- **King Edward Memorial Hospital (K.E.M)**  
Pediatric Research Laboratory ( PRL ), 2nd Floor,  
Above Ward 17/18, (Near Ward 1, Department of Pediatrics,  
KEM Hospital Main building) Inquiry 10 am to 2 pm  
  
☎ **022-65182624.** (Monday to Friday)
- **B. Y. L. Nair Charitable Hospital**  
Opp.Maratha Mandir Cinema, Mumbai- 400008  
☎ **022- 23027000**

## Mumbai (Code-022)

<b>Aashraya Emotional &amp; Learning Aid Center</b> ☎ 26409296	Asuda Kutir, Ground Floor, Waterfield Road, Near National College, Bandra (W), Mumbai- 400050
<b>Ashray</b> ☎ 22855230	2, Horizon view, Gen. Bhosale Marg, Mumbai- 400021
<b>Aware</b> ☎ 23672466	16, Baug-e-Sara, Neapean Sea Road, Mumbai 400006
<b>Academy of Learning &amp; Development (Sushilabai Nanasahab Deo Charitable Trust)</b> ☎ 9820065876 <a href="mailto:info@aldindia.org">info@aldindia.org</a> <a href="http://www.aldindia.org">www.aldindia.org</a>	Survey No. 844/17-18, Shah Industrial Estate Next to Supreme Industries, Opposite MAAC and Toyota Millennium Service Centre, Lane opp. 'The Charcoal Project', Off Veera Desai Road, Andheri (West) Mumbai 400 053.
<b>Aatman Academy</b> ☎ 9869687073 <a href="mailto:info@aatmanacademy.org">info@aatmanacademy.org</a> <a href="http://www.aatmanacademy.org">www.aatmanacademy.org</a>	Behind TMC Mini Sports Complex, Next To Swami Krupa Society, Thane (West) 400607.
<b>CARE- Compensatory And Remedial Education</b> ☎ 26602307 / 26611506 <a href="mailto:specialeducation@sndt.ac.in">specialeducation@sndt.ac.in</a>	Centre of Special Education, SNDT Women's University, Juhu Tara Road, Mumbai-400049
<b>Centre for Research in Mental Retardation (CREMERE)</b> ☎ 28810654, 28892409	Khushaldas Dagra House, Near Ruia Hall, Kasturba Cross Road, Malad (W) Mumbai- 400064
<b>CHILDReach</b> ☎ 26482274, 9594065335 <a href="mailto:info@childreach.in">info@childreach.in</a> <a href="http://www.childreach.in">www.childreach.in</a> <b>ChildReach School</b>	Tank Lane, off S. V. Road, Santacruz (W), Mumbai – 400 054. C/O Room No. 45, B.M.C School, Tank Lane, Santacruz (W), Mumbai 400054
<b>ChildRaise Trust</b> ☎ 24386767, 1800-22-1203 <a href="http://www.childraise.com">www.childraise.com</a>	B wing, Block no. 9, Jaldevi Niwas, New Karnatak Bldg, Mogal Lane, Matunga Road (W), Mumbai-400016.
<b>Don Bosco High School</b> ☎ 24145228, 24145233 <a href="mailto:donbsh@intellschools.org">donbsh@intellschools.org</a> <a href="http://www.donboscomatunga.com">www.donboscomatunga.com</a>	Nathanlal Parekh Marg, Matunga (East), Mumbai-400019
<b>Drishti</b> ☎ 26732496, 26732497 <a href="mailto:drishti@drishtionline.com">drishti@drishtionline.com</a> <a href="http://www.drishtionline.com">www.drishtionline.com</a>	206, Off New Link Road, Midas Chamber, Andheri(W), Mumbai- 400053

<b>Harkisondas Hospital</b> ☎ 23855555	Occupational Therapy Dept, Prarthana Samaj, Mumbai-400004
<b>Human Development Centre</b> ☎ 26615233 <a href="mailto:hdcvocationalcentre@gmail.com">hdcvocationalcentre@gmail.com</a>	Bussa Apt., Ground Floor, F/17, Bhargav Road, Santacruz (W), Mumbai 400054
<b>Institute of Psychological Health (IPH)</b> ☎ 25433270 <a href="mailto:iphapts@gmail.com">iphapts@gmail.com</a> <a href="http://www.healthymind.org">www.healthymind.org</a>	9th floor, Shree Ganesh Darshan, LBS Marg, between 3 petrol pumps and Hari Niwas junction, Naupada, Thane(W) 400602
<b>Little Angels</b> ☎ 26046642, 26495020 <a href="mailto:littleangelsindia@hotmail.com">littleangelsindia@hotmail.com</a> <a href="http://www.littleangelsindia.com">www.littleangelsindia.com</a>	C/o Rao Memorial BMC School, Dr.Ambedkar Road,Pali Pather, Bandra (W), Mumbai - 400 050.
<b>Maharashtra Dyslexia Association</b> ☎ 25565754	101, Amit Park, 423 Lala Jamndas Gupta Marg, Deonar Farm, Mumbai-400088
<b>Maharashtra Dyslexia Association Centre for Research &amp; Training in Learning Differences</b> ☎ 65535080 <a href="mailto:mda@dyslexiaindia.com">mda@dyslexiaindia.com</a> <a href="http://www.mdamumbai.com">www.mdamumbai.com</a>	C/o Joseph Cardijn Technical School (Gate 5), Kashaba Jadhav Marg, Dadar (E), Mumbai – 400014  Flat No 6, Vinod Bhavan,Near Samarth Nursing Home, Gograwswadi Gate Dombivli (E),Mumbai - 421201
<b>Manav Seva Sangh</b> ☎ 24092266 <a href="mailto:info@shreemanavsevasangh.org">info@shreemanavsevasangh.org</a> <a href="http://www.shreemanavsevasangh.org">www.shreemanavsevasangh.org</a>	Near Sion Hospital, Mumbai 400022
<b>Mona Remedial Centre</b> ☎ 24133387, 24131011 <a href="mailto:monaremedial@gmail.com">monaremedial@gmail.com</a> <a href="http://monaremedial.in/">http://monaremedial.in/</a>	2nd Floor, Bullet Building, L.N. Road, Opp IES Primary School,Matunga (East), Mumbai 400019.
<b>The Nalanda Foundation</b> ☎ 23021493	340, Sir J .J. Road, Byculla, Mumbai-400008
<b>Prafulta</b> ☎ 28200248 ☎ 24145228, 24145233, 2411 6727 <a href="mailto:prafultaandheri@gmail.com">prafultaandheri@gmail.com</a> <a href="http://www.donboscomatunga.com">www.donboscomatunga.com</a>	St. Dominic Savio School Campus, Mahakali Caves Road, Chakala MIDC, Andheri, Mumbai- 400093 Don Bosco School Campus,Opp. Khalsa College, Matunga East, Mumbai-400019
<b>Reach</b> ☎ 9586566366, 9819461383 <a href="mailto:....reach2002@gmail.com">....reach2002@gmail.com</a> <a href="http://www.reach-sre.org">www.reach-sre.org</a>	Gandhi Chowk, Mumbai Upanagar Seva Mandal, Rashtriya Shala Marg. Etnn.of Bajaj Road, Vile Parle West.Mumbai- 400056 Remedial Therapy- 146, Aram Nagar- II, J.P. Road, Versova, Andheri(W), Mumbai- 400061
<b>S.D.G. Punarvas Special School</b> ☎ 28727024, 28747857	Plot 312, opp.Piramal Nagar, S.V. Road, Goregoan (W), Mumbai-40062
<b>City Academy for Special Education</b> ☎ 23541940 Ext:14	COH Complex, Haji Ali Park, Clerk Road, Mahalaxmi, Mumbai - 400034

<b>Sri Ma Snehadeep</b> ☎ 25458750/51	C/O Sri. Ma Bal Niketan High School, Near Hranandani Estate, Patilpada, Besides Municipal Commissioners Bungalow, Ghodbunder Road, Thane(W), 400607
<b>St. Xavier Insitute of Education</b> ☎ 22014666 info@sxie.info	40A, Marine Lines, Cross Road No.1, Mumbai- 40002
<b>The Gateway School of Mumbai</b> ☎ 25563613, 25563614 info@gatewayschoolmumbai.org <a href="http://www.gatewayschoolmumbai.org">www.gatewayschoolmumbai.org</a>	Sion Trombay Road, Next to Deonar Bus Depot, Diagonally opposite TISS, Govandi (E), Mumbai 400088
<b>The Aditya Birla Integrated School</b> ☎ 22061455, 22061451 info@tabis.in <a href="http://www.theadityabirlaintegratedschool.com">www.theadityabirlaintegratedschool.com</a>	162-164, D.N. Road, Opposite CST Station. Fort, Mumbai – 400 001
<b>Umang Charitable Trust</b> ☎ 28600624 <a href="http://www.umang-trust.org">www.umang-trust.org</a>	93/924, Siddhivinayak CHS Ltd, Off New Link Road, Mahavir Nagar, Kandivali (W) Mumbai-400067
<b>Verve</b> ☎ 2351 4633 veenabasu@bverve.com <a href="http://www.veenabasu.com">www.veenabasu.com</a>	104C, Tirupati Apartment, Bhulabhai Desai Road, Breach Candy, Mumbai 400 011
<b>Vrudhi</b> ☎ 24037054/55 vrudhioutsourcing@gmail.com	7/9, Chandra Niwas, Colony Road, Sion, Mumbai-400022

## **Pune (Code-020)**

<b>Pathways</b> ☎ 9822028015	14, Pooja, Pandurang Colony Pune 411 038
<b>Phoenix</b> ☎ 25679714	C/O Prism Foundation, 77, Erandwana, Prabhat Road, Lane no.15, Pune- 411004
<b>St. Mary's College of Education</b> ☎ 26360185	Exhibition Road, Pune 411001 (Facility of Resource Rooms)
<b>Sindhu Vidya Bhavan</b> ☎ 25889123	349, Hind Society, Road No.3, Aundh, Pune- 411007
<b>Vidya Jyoti School</b> ☎ 24476118	Annabhau Sathe School No-5, Kumthekar Road, 654, Sadashiv Peth, Pune- 411030

## Bangalore (Code-080)

<b>Indian Dyslexia Association</b> ☎ 25452118	290/7, vankatramaiyah Layout, Ramamurthy Nagar, Main Road, Banaswadi, Bangalore- 560043
<b>Malleswaram Dyslexia Association</b> ☎ 9880650809, 9341919101 info@dyslexiaindia.org.in	Malleswaram, Bangalore.
<b>Ankura Foundation Play Home</b> ☎ 26613135 / 26612334 ankurafoundation@gmail.com <a href="http://www.ankura.org">www.ankura.org</a>	81/2, Dr.AN Krishna Rao Road, Near Bhagwan Mahaveer Jain College, VV Puram, Bangalore - 560004.
<b>Baal Suma Centre for Special Learning</b> ☎ 23231163	18, 1st Cross, 1st Main, Shakti Ganapati Nagar, Basaveshwarnagar, Bangalore - 560079.
<b>Baal Suma Child Guidance Clinic</b>	17B Lakshmi Nivas, MIG Housing Board Colony, Basveshwarnagar, B'lore-59
<b>Brindavan Psycho-Education Public Charitable Trust</b> ☎ 26347311	456, 9 A Main Road, 2nd Block, Jayanagar, Bangalore - 560011.
<b>Care</b> ☎ 23345731, 9845198256	103 Sharnag Apartments, 18th Cross, Malleswaram, Bangalore - 560055.
<b>Communication DEALL Programme</b> ☎ 25800826/27 communicationdeall@gmail.com <a href="https://www.communicationdeall.com">https://www.communicationdeall.com</a>	The COM-DEALL Trust 47, Hutchins Road II Cross,, Cooke Town (Sarvajna Nagara),, Bangalore - 560084.
<b>Deepika School</b> ☎ 26619844	No.9, 1st Cross,, SHANKAR MUTT ROAD, SHANKARPURAM(chamrajpet), Bangalore - 560004.
<b>Indian Dyslexia Association</b> ☎ 25452118, 25424303, 25450687	290/7, Venkataramaiah Layout, Ramamurthy Nagar Main Road, Banaswadi, Bangalore - 560043.
<b>Orkids Multidisciplinary Clinic</b> ☎ 41750888	2/D 1st Floor, 23rd main,, Marenahalli, JP Nagar, Phase 2,, Bangalore - 560078.
<b>Prayatna</b> ☎ 22280831	26 Palace Road, Bangalore - 560052.

## Others

**Alpha To Omega**  
☎ 044 2644 3090  
atolcsrikrishna@gmail.com  
[www.alphatoomega.org](http://www.alphatoomega.org)

10, Gajpathi Road, Kilpauk,  
Chennai-10

Too often we give children, answers to remember  
rather than problems to solve.

## Schools/ Organisations for Orthopedically Handicapped and Locomotor Disability

### Mumbai (Code-022)

<b>Akhil Welfare Trust</b> ☎ 28061527	B-2/6 Hari Om Apts, Shantinagar, Vijay Sales, S.V. Road, Borivali(W), Mumbai-400092
<b>All India Institute of Physical Medicine &amp; Rehabilitation</b> ☎ 23544341/ 2, 23515765, 23545358, 23540933 <a href="http://www.aiipmr.gov.in">www.aiipmr.gov.in</a>	Haji Ali Park, Khadye marg, Opp. Willingdon Club, Lala lajpatrai Road, Tulsiwadi, Mumbai-400034.
<b>Cheshire Home</b> ☎ 28324515	Bethlehem House, Opp Canossa High School Chakala, Mahakali Caves Road, Andheri East, Mumbai - 400069
<b>Children Orthopedic Hospital (COH)</b> ☎ 24984936, 24944226, 24920030	Haji Ali Park, Clerk Road, Opposite Willington Sports Club, Mahalaxmi, Mumbai- 400011
<b>Fellowship of the Physically Handicapped</b> ☎ 23548490, 23538476, 3533967 <a href="mailto:info@fphmumbai.org">info@fphmumbai.org</a> <a href="http://www.fphmumbai.org">www.fphmumbai.org</a>	F.P.H. Building, Lala Lajpatrai Marg, Haji Ali, Mumbai- 400034
<b>HEALTH- Handicapped Earn and Learn Trust Home</b> ☎ 9870365112	Grant Road, Mumbai-400007
<b>Muskan Child Development Centre</b> ☎ 26592745, 9930386115, 7506094898 <a href="mailto:contact@muskanfoundation.org.in">contact@muskanfoundation.org.in</a> <a href="http://www.muskanfoundation.org.in">www.muskanfoundation.org.in</a>	5, Prashanti, Kalanagar, Opp.MHADA, Bandra (E), Mumbai.,
<b>Nina Foundation</b> ☎ 24094319 <a href="http://indianinafoundation.blogspot.com">indianinafoundation.blogspot.com</a> <a href="http://www.ninafoundation.org">www.ninafoundation.org</a>	240/11, Shankar Sadan, Sion (E), Mumbai - 400022 <b>Newsletter - 'One World- Voice of Paraplegics'</b>
<b>Paraplegic Foundation's Sanjeevan Deep</b> ☎ 9223549043 ☎ 24071671, 24033669, 9223549042 <a href="mailto:paraplegicfoundation@yahoo.com">paraplegicfoundation@yahoo.com</a> <a href="http://www.paraplegicfoundation.in">www.paraplegicfoundation.in</a>	Sector-18, Plot No-4, Airoli, Navi Mumbai 4000708 T-1, Old Barracks of L.T.M.G. Hospital, Next to V.G.P. Showroom, Sion , Mumbai 400022.
<b>POSAT</b> ☎ 28956933	A 2, High Rise Building, Opp. Mary Immaculate Girl's High

	School, Mandapeshwar Road Boriwali(W),Mumbai 400103
<b>Society for the Education of the Crippled (SEC)</b> ☎ 23090355, 2300 5055 <b>S.E.C. Day School</b> ☎ 26462648 <b>SEC Day School</b> ☎ 2401 4244, 2403 2517 <b>S.E.C. Hospital School (Provides Services for long stay patients )</b> ☎ 24129786 secagripada@gmail.com <a href="http://www.sec-india.org">www.sec-india.org</a>	Agripada Municipal School Bldg, Motlibai Street, Agripada, Mumbai-400011. Manekji Guzdar Municipal School Bldg.,North Avenue, Santacruz(W), Mumbai-400054.  Municipal School Building, Sector No.3, Kane Nagar, Sion Koliwada, Antop Hill, Mumbai - 400 022  Bai Jerbai Wadia Hospital for Children Acharya Donde Marg, Parel, Mumbai 400012
<b>The Indian Council For Mental Health's Skills and Ability School</b> ☎ 27704355  <b>Mulund Skills and Ability School</b> ☎ 25921571 cso@icmh.org.in <a href="http://www.icmh.org.in">www.icmh.org.in</a>	Sector-11, Plot no-9, Next to St. Augustine School, Nehrul,Navi Mumbai- 400706  Gr. floor, Muncipal School, P. Kheraj Road, Mulund West, Thane, Mumbai 400080
<b>The Goodwill Foundation Charitable Trust's Snehalaya Special School</b> ☎ 28101682 info@thegoodwillfoundation.org <a href="http://www.thegoodwillfoundation.org">www.thegoodwillfoundation.org</a>	Row House No.18, Opp. Old Petrol Pump, Mira Bhayander Road, Mira Road East.Mumbai 401107.

## Pune

(Code-020)

<b>Bhausahab Bora Apang Kalyan Kendra</b> ☎ 02132-275271	Bhausahab Bora Building, Ane, Junner, Pune-412410 Hostel facility available
<b>Apang Kalyankari Sanstha</b> <b>The Society for the welfare of the Physically Handicapped</b>	No.3 Vanavadi, Pune Hostel facility available

☎ 26820987/ 26821653 apkalyan_sanstha@rediffmail.com	
<b>Jagrut Apang Sanghatana's Mahatma Phule ApangPrashikshan Kendra</b> ☎ 22932467	No.162/B, Near Hinjewadi Software, Pirangut Road, Mann, Mulashi Pune
<b>Pimpri- Chinchwad Apang Mitra Mandal's Apang Vidyalaya</b> ☎ 27470009	21, Yamunanagar, Scheme No-11,Opp. Indraprastha Nigadi- Pune-44 Hostel Facility available
<b>Snehalaya Education Society</b> ☎ 27050835,27050284, 09423505740 <a href="mailto:info@snehalaya.org">info@snehalaya.org</a> <a href="https://www.snehalaya.org/">https://www.snehalaya.org/</a>	Avhalwadi Road, Wagholi, Pune-412207 Hostel Facility available
<b>Tehmina Burma SEC Centre for Independent Living</b> ☎ 02114-2262594	Saibaba Sevadham, Kanhephata, Tal- Maval, Dist- Pune- 412106 (Hostel Facility for 6 to 18 years)

### **Bangalore** (Code-080)

<b>The Association of people with Disability</b> ☎ 25475165 <a href="mailto:contact@apd-india.org">contact@apd-india.org</a> <a href="http://www.apd-india.org">www.apd-india.org</a>	6 <sup>th</sup> cross, Hutchins Road, Lingarajpuram, St. Thomas Town PO, Bangalore- 560084
<b>Mobility India</b> ☎ 26494444 <a href="mailto:albina@mobility-india.org">albina@mobility-india.org</a> <a href="http://www.mobility-india.org">www.mobility-india.org</a>	1 <sup>st</sup> & 1 <sup>st</sup> A Cross, JP Nagar II Phase, Bangalore-560078

### **Other**

<b>Ability Foundation</b> ☎ (044)24452400	12, Forth main Road, Gandhi Nagar,Adyar, Chennai-600020
<b>Amar Seva Sangam</b> ☎ 91-4633-249170,249180, 99444 59170	Post Box no 001 Sulochana Gardens, 10-4-104B, Tenkasi Road, Ayikudy- 627852 Tirunelveli District, Tamilnadu.

## Schools/ organizations for children with Visual Impairment

### **Mumbai** (Code-022)

<b>All India Andh Stri Hitt Association(AIASHA)</b> ☎ 9821584436	B- 306/5 Government Colony , Bandra (E), Mumbai- 400051
<b>Assosiation for the Relief &amp; Education of the Blind &amp; Needy Indian Families</b> ☎ 28282080	Near Rationing office, 35, Dadabhai Road, Andheri (W), Mumbai-400058
<b>Andhakshi Ashram (Residential Home for Blind Women)</b> ☎ 26703179, 26246422 andhakshi@hotmail.com <a href="http://www.andhakshi.org">www.andhakshi.org</a>	37, Gilbert Hill Road, Ahead of Andheri Recreation Club, Andheri(W), Mumbai-400058
<b>Blind Person Association</b> ☎ 23758680 1947.bpa@gmail.com <a href="http://www.bpamumbai.org">www.bpamumbai.org</a>	62/2198, Akshay Co-op Housing Society, Road No.5, Tilak Nagar, Mumbai- 4000891
<b>Blind Relief Association</b> ☎ 22011993	Botawala Building, 481, Kalbadevi Road, Mumbai- 400002
<b>Blind Welfare Centre</b> ☎ 28891036	10, Malwani Colony, Old Collector's Compound, Gare no. 5, Malad (West), Mumbai-400095
<b>Happy Home &amp; School for the Blind</b> ☎ 24923198 happyhome_school@hotmail.com <a href="http://www.happyhomeschoolfortheblind.org">www.happyhomeschoolfortheblind.org</a>	Dr. Annie Besant Road, Worli,Mumbai 400018 (school upto VII Std, Hostel And Vocational Training Centre- only for boys)
<b>Helen Keller Institute For Deaf And Deaf-Blind</b> ☎ 27782214 27782193 hkidb.mumbai@gmail.com <a href="http://www.helenkellerinstitutefordeafanddeafblind.org">www.helenkellerinstitutefordeafanddeafblind.org</a>	CC1, TTC, Shil Mahape Road, Mahape, Navi Mumbai. (Hostel Facility available)
<b>Indian Association for Visually Handicapped</b> ☎ 22838550	Electronics And Computer Training Centre, B Road, Churchgate, Mumbai-400020
<b>Muskan Child Development Centre</b> ☎ 26592745, 7506094898,9930386115 contact@muskanfoundation.org.in <a href="http://www.muskanfoundation.org.in">www.muskanfoundation.org.in</a>	15, Prashanti, Kalanagar, Opp. MHADA, Bandra(E), Mumbai-400051

<b>NAB Mata Lachmi Nursery for the Blind</b> ☎ 24095170	218, East Sion Road, Sion, Mumbai 400022
<b>Salvation Army Blind Men's Hostel</b> ☎ 23051573, 23093566	Sheikh Hafizuddin Marg, Byculla, Mumbai- 400064
<b>Samarthanam Trust</b> ☎ 62362290, 9833968861, 9821109632, 8879849432	B 302 Mangalya society, off Marol Maroshi road, near State Bank of India, Andheri East, Mumbai-400059.
<b>The National Association of Disabled Enterprises (NADE)</b> ☎ 25779600, 25779671 <a href="mailto:nade.india@gmail.com">nade.india@gmail.com</a> <a href="mailto:info@nade-india.org">info@nade-india.org</a> <a href="http://www.nade-india.org">www.nade-india.org</a>	Kannamwar nagar, Municipal Marathi School No.1, Gr. floor, Kannamwar Nagar , Vikroli(E), Mumbai- 400083
<b>National Association for the Blind (NAB)</b> ☎ 6683 8630  <b>Sir J.Duggan Braille Press</b> ☎ 6683 8629  <b>M.P. Shah Talking Book Centre</b> ☎ 6683 8666 <a href="mailto:contactus@nabindia.info">contactus@nabindia.info</a> <a href="http://www.nabindia.org">www.nabindia.org</a>	11, Khan Abdul Gaffar Khan Road, Worli Sea Face, Worli, Mumbai-400025 (Contact for all state branches of NAB)
<b>The Victoria Memorial School for the Blind (VMS)</b> ☎ 23531236 <a href="mailto:vm@blindschool.net">vm@blindschool.net</a> <a href="http://www.vmsb.org">www.vmsb.org</a>	Tardeo Road, Mumbai- 400034
<b>Voice Vision</b> ☎ 40400000 <a href="mailto:hello@1234">hello@1234</a> <a href="http://www.voicevision.in">www.voicevision.in</a>	103, Synthofine Estate 'A', Behind Virwani Industrial Estate, Off. Aarey Road, Goregaon(East), Mumbai- 400063.
<b>Xavier's Resource Centre for the visually Challenged</b> ☎ 22623298 / 22626329 <a href="mailto:info@xrcvc.org">info@xrcvc.org</a> <a href="http://www.xrcvc.org">www.xrcvc.org</a>	St. Xavier's College, 5, Mahapalika Marg, Mumbai - 400001

## Pune (Code-020)

<b>National Federation of the Blind, Maharashtra's Jagriti Andh Vidyalaya for Girls</b> ☎ 02135-232290 <a href="mailto:nfbmah@gmail.com">nfbmah@gmail.com</a>	Markal Road, Near Jalaram Temple, Devachi Alandi, Dist- Pune (Hostel facility)
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<a href="http://www.nfbm.org">www.nfbm.org</a>	
<b>Pune Andhajan Mandal- The Poona Blind Men's Association</b> ☎ 26336433, 26336568 shan.ladkat@gmail.com <a href="http://www.pbmaindia.org">www.pbmaindia.org</a>	82, Rasta Peth, Pune-411011
<b>The Poona School And Home For The Blind</b> ☎ 26053195, 25388028 shan.ladkat@gmail.com	14/17, Koregaon Park, Dr. Machave Road, Pune- 411011 (For Boys)

## Delhi

<b>NAB Sabita and Saradindu Basu Centre for Blind Women (CBW), New Delhi</b> ☎ 011-41656266, 011-26852589 <a href="http://www.nabcentreforwomen.org">www.nabcentreforwomen.org</a>	L-25, Hauz Khas Enclave, New Delhi 110016
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## Bangalore (Code-080)

<b>Divine Light Trust for the Blind</b> ☎ 28452234	Whitefield Main Road, Bangalore - 560066.
<b>JyothSeva Society Home for Blind Children</b> ☎ 25477972	27, 1st Main Road, Venkateshpura, Bangalore - 560045.
<b>Samarthanam Trust for the Disabled</b> ☎ 26591488, 26592999 support@samarthanam.org <a href="http://www.samarthanam.org">www.samarthanam.org</a>	11, Villa Suchita, 1st Cross, 17th A Main, Behind Giri Apartments, J.P. Nagar II Phase, Bangalore - 560078.
<b>Shree Ramana Maharishi Academy for the Blind</b> ☎ 26581076, Fax 26588045	3rd Cross, JP Nagar, III Phase, Bangalore - 560078.
<b>The Association of People with Disability</b> ☎ 25475165, 25475861 contact@apd-india.org <a href="http://www.apd-india.org">www.apd-india.org</a>	6th Cross, Hutchins Road, St. Thomas Town PO, Lingarajpuram, Bangalore - 560084.
<b>The National Association for the Blind, Karnataka Branch</b> ☎ 25281590, 25281439, 25289939	CA-4, Rehabilitation Complex, Jeevan Bhimanagar, Bangalore - 560075.

<b>Abilities Resource Centre for Disabled Persons</b> ☎ 25454645, 25421886	211, 7th main, 80 feet Road, HRBR Block II, Bangalore - 560043.
<b>EnAble India</b> ☎ 42823636 academymails@enableindia.org <a href="http://www.enable-india.org">www.enable-india.org</a>	12, K.H.B, Colony, 8th Block, Koramangala, Bangalore - 560 095.
<b>Mitra Jyothi</b> ☎ 25288504 <a href="mailto:admin.office@mitrajyothi.org">admin.office@mitrajyothi.org</a>	P 222, 8th Main, Sector, 10, LIC Colony, Jeevan Bhimanagar, Bangalore - 560075.
<b>Rakum School for the Blind</b> ☎ 25288947, 25215253 <a href="mailto:info@rakum.org">info@rakum.org</a> <a href="http://www.rakumschool.com">www.rakumschool.com</a>	421, Krishna Temple Road, Indiranagar I Stage, Bangalore - 560038.
<b>The Karnataka Welfare Association for the Blind</b> ☎ 23369703	69, 1st Main, Nehrunagar, SC Road, Sheshadripuram, Bangalore - 560020.
<b>Divine Light Trust for the Blind</b> ☎ 28452234	Whitefield Main Road, Bangalore - 560066.
<b>Directorate of Welfare for the Disabled</b> ☎ 22866046 22866066 ,	Visveswariah Tower, Podium Block, Ambedkar Veedhi, Bangalore - 560001.

## Others

<b>Industrial Training Center for the Blind</b>	Shed no.117/178, Industrial Estate, Yadavagiri, Mysore- 570020
<b>The National Association for the Blind</b> ☎ 26305082, 26304070, 26303346 <a href="mailto:nabincbw@gmail.com">nabincbw@gmail.com</a>	Dr. Vikram Sarabhai Road, Vastrapur, Ahmedabad- 380015
<b>Rashtriya Drushtihin Shikshan &amp; Punarvasan Sanstha</b> ☎ 0712 - 2042313, 2747597	C/o Smt Anjanabai Dhote Industrial Training Institute, Manewada , Ring Road, LIG Colony, Nagpur-400027

**Give your child a fish  
And feed him for a day,  
Teach your child fishing  
And feed him for a lifetime!**

## School/ Organizations for Children with Hearing Impairment and Speech Problems

### **Mumbai** (Code- 022)

<b>Ali Yavar Jung National Institute For The Hearing Handicapped</b> ☎ 26400215, 26400228 ayjnihh-mum[at]nic[dot]in <a href="http://www.ayjnihh.nic.in">www.ayjnihh.nic.in</a>	K.C. Marg, Bandra Reclamation, Bandra (West), Mumbai - 400 050
<b>Astitva School for Deaf And Dumb</b> ☎ 02512471358 <a href="http://www.astitvaschool.com">www.astitvaschool.com</a>	8A, MIDC, Phase-1, Near LIC off., State Bank Road, Dombivli(E), -421203
<b>Atharva Speech &amp; Hearing Aid Clinic</b> ☎ 28330050, 9920857271, 9820512109 <a href="mailto:info@ashclinic.com">info@ashclinic.com</a> <a href="http://www.ashclinic.com">www.ashclinic.com</a>	D-1, Vrindavan, Building, Umeda Aashram Road, Behind Pantaloon Showroom, Borivali(W), Mumbai. 400092
<b>Aryan Education Society's High School</b> ☎ 23855271	75, Jaganath Shankar Sheth Road, Girgaon, Mumbai- 400007 (Integrate children with HI & speech deficits in normal class)
<b>Ashray Foundation Deaf &amp; M.R. School</b>	Plot No- 30, Sector -5, Near railway station, Koparkhairne, Navi Mumbai
<b>AURED</b> ☎ 24926721 <a href="mailto:auraleducation@gmail.com">auraleducation@gmail.com</a> <a href="http://www.aured.org">www.aured.org</a>	King George Vth Memorial, Dr.E.Moses Road, Mahalaxmi, Mumbai- 400011
<b>Bombay Centre for Deaf</b> ☎ 264230988	C/O St. Stanislaus' High School, Hill Road, Bandra, Mumbai- 400050
<b>Bombay Institute for Deaf and Mutes</b> ☎ 23713144	33, Nesbit Road, Mazaon, Mumbai- 400010
<b>Bombay Deaf &amp; Dumb Institution</b>	20, Kakad Wadi, opp. Arya Samaj, Girgaum, Mumbai- 400004
<b>Central Institute for Training Deaf</b> ☎ 23087798, 23088879, 23016882 <a href="mailto:csedmbai@gmail.com">csedmbai@gmail.com</a> <a href="http://www.csedmbai.org">www.csedmbai.org</a>	Municipal School Bldg, 3 <sup>rd</sup> floor, Opp. YMCA Swimming pool, Farook Umarbhoy Path, Agripada, Byculia(E), Mumbai-400011

<b>DEEDS- Development, Education, Empowerment of the Disadvantaged in Society</b> ☎ 26005083,26005084 <a href="mailto:deedsindia@gmail.com">deedsindia@gmail.com</a> , <a href="mailto:humanity@deeds-india.com">humanity@deeds-india.com</a> <a href="http://deeds-india.com">http://deeds-india.com</a>	8 Bajaj Arcade, 31, Union Park, Khar(W), Mumbai 400052
<b>Dr. Kamala Dharamshi Narsee Shruti School for Dumb ( Bombay West Institute for Deaf)</b> ☎ 26205283, 26284840	D.B. Juikar Marg, Behind Chandan Cinema, Juhu Vile-Parle Scheme, Mumbai- 400049
<b>DISHA (Centre for Children with Developmental Disorders)</b> ☎ 26140897, 9821432586	B -10/6, Pushpak Co-op.Hsg. Soc., Khira Nagar, S.V. Road, Santacruz (W), Mumbai- 400054
<b>Disha Karnabhadhir Vidyalya</b> ☎ 26144183/6151200	Nadkari Balkalyan Kendra, Chitrakar Kelkar Marg, Behind Dahanukar College, Vile Parle (E), Mumbai- 400057
<b>Education Audiology &amp; Research Society (EARS)</b> ☎ 23061886	Municipal School, 2nd floor, Topiwala Lane, Off Lamington Road, Mumbai 400 007.
<b>I Hear Foundation</b> ☎ 23888159 / 23887996 <a href="mailto:ihearfdn@gmail.com">ihearfdn@gmail.com</a> <a href="http://www.ihearfoundation.org">www.ihearfoundation.org</a>	Amar Bhuvan, 1 <sup>st</sup> Floor, French Bridge, Near Opera House, Mumbai-400007.
<b>Ishara Comm.Centre for Hearing Impaired</b> ☎ SMS only :+91 9702559371 Video enquiry via oovoo: ishara 2005 people with internet and oovoo program can call during office hours and ask a question in sign language about programmes etc.	Bhulabhai Memorial Institution, Akashganga,89,Bhulabhai Desai Road, Mumbai- 400026
<b>Indian Deaf Society</b> ☎ 26393586 <a href="mailto:ids3609@gmail.com">ids3609@gmail.com</a>	C/O Bharda New High School, Wandby Road, Mumbai- 400001
<b>Jhaveri Thanawala School for Deaf &amp; Dumb</b> ☎ 25334363	Kesar Wadi Premises, 2 <sup>nd</sup> floor, Behind Kutirodyoga Mnadir, Station Road, Thane.
<b>K. D. N. Shruti School For Dumb</b> ☎ 26205283	D.B. Juikar Marg, Behind Chandan Cinema, Juhu Vile Parle Scheme, Mumbai 400049
<b>Koshish School for Deaf</b> ☎ 28446448,28442849	Near Ajanta Shopping Center, Daftary Road, Off D B Road, Malad East, Mumbai- 400097

<b>Little Angels School</b> ☎ 24071037, 24044304, 24044305	Sion, Mumbai- 400022 (Students are Integrated into normal class after lip Reading training).
<b>L.T.M.G. Hospital's School for Deaf</b> ☎ 25531188	Municipal Primary School Bldg., Scheme No. 57, Road No- 7-A, Wadala, Mumbai- 400031
<b>Mook Dhvani Vidyalaya</b> ☎ 26153008	Utkarsh Mandal Chowk, Malviya Road, Vile Parle (E), Mumbai 400057
<b>Marwari Vidyalaya High School</b> ☎ 23823021, 23865845	Sardar Vallabhai Patel Road, Girgaum, Mumbai- 400004
<b>Municipal School for the Deaf</b>	Near Sonar Bangla, Sahid Park, Purushottam Kheraj Road, Panch Rasta, Mulund (W), Mumbai-400080
<b>Municipal School (Class for Deaf)</b>	Laxminarayan Lane, Matunga, Mumbai- 400019
<b>Municipal School (Class for Deaf)</b>	Near Mahalaxmi Temple, Mumbai-400034
<b>Navsarjan Shala for the Deaf &amp; Mute</b> ☎ 23854317	225, Khetwadi main Road, Maganlal Ghia Building , 2 <sup>nd</sup> Floor, Girgaon, Mumbai- 400004
<b>New Municipal Social Welfare Centre</b> ☎ 24454238	82, Lt. Dilip Gupte Marg, Shivaji Park Lions School for Deaf , Mahim, Mumbai- 400016
<b>Pragati Pratishthan</b> ☎ 25389800	Jeevan Chaya, Ram Maruti Road Thane - 400 602
<b>Prof. Date's Charitable Deaf &amp; Dumb Institute</b>	Opp. Kalaram Mandir, Thakurdwar Road, Mumbai 400002
<b>Rotary School for Deaf</b> ☎ 251 -2442044 <a href="mailto:info@rsktrust.org">info@rsktrust.org</a> <a href="http://www.rsktrust.org">www.rsktrust.org</a>	Raghuveer Nagar, Gokhale Compound, Opp. Madhavashram Hall, Dombivali (E), Thane- 421201
<b>Rochiram Thadani School For Hearing Impaired</b> ☎ 25532624, 25547947, 5531040	Yuvak Mandal, 64-65, Collector Colony, Chembur, Mumbai 400074
<b>Suno Centre (Mun.School for the Deaf)</b> ☎ 23855754	J.S. Municipal School, 2 <sup>nd</sup> Floor, Nana Chowk, Grant Road, Mumbai 400007
<b>Society of Integration of Hearing Impaired (SIHI)</b> ☎ 26149812	1, Laxmi Nilayam, Nanda Patkar Road, Vile Parle (E), Mumbai 400057
<b>Sadaphooli</b> ☎ 28654623	Dr. Kusumtai Naravane Special School, M. G. Road, Near Swaminarayan Mandir, Kудivali (W), Mumbai 400067

<b>School for Deaf Children</b>	C/o Bombay Mun. Corp. Primary School R. No. 7-A, Sewree Wadala Estate Schmes No. 57, Mumbai 400031
<b>School for Deaf &amp; Dumb</b> ☎ 26141276	Lokmanya Sewa Sangh, Tilak Mandir Road, Vile Parle (E), Mumbai- 400057
<b>Save The Children Pride India Special Care Centre</b> ☎ 982019324, 26520601/02 <a href="mailto:contactus@savethechildrenindia.org">contactus@savethechildrenindia.org</a> <a href="http://www.savethechildrenindia.org">www.savethechildrenindia.org</a>	Drive In Theatre Complex, Kalanagar, Bandra (E), Mumbai 400051
<b>Sanskardham Vidyalaya</b> ☎ 28764517	Unnat Nagar, Mahatma Gandhi Road, Goregaon (W), Mumbai 400090
<b>The Central School for the Deaf</b> ☎ 23088879	18, Motibai Street, Agripada, Opp.YMCA, Mumbai- 400011
<b>The Educational Audiology &amp; Research Centre</b> ☎ 23061886	S 25, Municipal School bldg, 2nd Floor, Gilder Lane, Bales bridge, Mumbai Central, Opposite Bombay Central Railway Station, Mumbai- 400008
<b>The Helen Keller Insitute for the Deaf and Blind</b> ☎ 23087052	Municipal School Bldg., Ground Floor, South Wing, Near 'S' Bridge, N.M. Joshi Marg, Byculla (W), Mumbai 400011
<b>The Mulund Rotray School for the Deaf</b> ☎ 25692550	Goshala Municipal School Bldg., Goshala Road, Nahur Mulund (W), Mumbai - 400080
<b>The Stephen High School for the Deaf and Aphasic</b> ☎ 24320733, 24321572, 9702777614, 9820121934 <a href="mailto:stephenhsdf@gmail.com">stephenhsdf@gmail.com</a> <a href="http://www.stephenhighschoolfordeaf.com">http://www.stephenhighschoolfordeaf.com</a>	Plot no- 898, S.K. Bole Road, Near Bank of Baroda, Near Siddhi Vinayak Temple, Prabhadevi, Dadar(W), Mumbai 400028
<b>Vijay Sikshan Sanstha's Sadhana Vidyalaya for Deaf</b> ☎ 24134488	M.M. Grantha Sangrahalaya Building 17, Naigaum Cross Road, Dadar, Mumbai - 400 014
<b>Pragati Vidyalaya for Deaf</b> ☎ 24224348, 24376625 <a href="mailto:vssansta@yahoo.com">vssansta@yahoo.com</a> <a href="http://www.vssansta.org">www.vssansta.org</a>	773, Bhante Wadi, MTNL Road, Catering College Gully, Dadar, Mumbai - 400 028
<b>Vikas Vidyalaya for the Hearing Handicapped</b> ☎ 24229987, 24228966, 24441285	A-3, Mehta Apt, Prof. Agashe Road, Near Portuguese Church, Dadar (W), Mumbai - 4000028

## **Pune** (Code- 020)

<b>Bhor Educational Societies Resi. School for Deaf and Dumb</b>	Bhor Dist.- Pune
<b>Chichwad School for Deaf and Dumb</b>	Gokhale Ali, Near Moraya Goswami Samadhi, Chichwad, Pune- 411033
<b>Junnar Educational Societies Mookbadhir Vidyalaya</b>	Junnar, Pune
<b>Red Cross Societies School for Deaf and Dumb</b>	Red Cross House. II, M..G. Road,Pune- 411004
<b>VidyaMahamandal's Mookbadhir Shikshan Sanshodhan Vikas Kendra</b> ☎ 25331479	Apte Road, Deccan Gymkhana, Pune 411004
<b>V. R. Ruia Mookbadhir Vidyalaya</b> ☎ 2538288	S.P. College Compund, Pune- 411030

## **Bangalore** (Code- 080)

<b>Dr. Chandrashekhar Institute of Speech and Hearing (SRC Institute)</b> Telefax: 25460405, 25470037, 25468470 <b>dr.srcish@gmail.com</b>	Hennur Road, Bangalore- 560084
<b>Institute of Speech and Hearing</b> ☎ 25470037, 25460405 dr.srcish@gmail.com <a href="http://www.speechhear.org">www.speechhear.org</a>	Hennur Road, Kariyanapalya, Bangalore - 560084
<b>Rajan Speech &amp; Hearing Centre</b> ☎ 22279807 info@hearfon.com <a href="http://www.rajanspeechandhearingcentre.com">www.rajanspeechandhearingcentre.com</a>	No. 2, Janardhan Complex, I floor, above Hotel Peacock, Residency Road, Bangalore - 560025.
<b>Sheila Kothavala Institute for the Deaf</b> ☎ 25262274	Rustam Bagh, Airport Road, behind Manipal Hospital, Bangalore - 560017.
<b>Shastri School for Deaf and Dumb Children</b> ☎ 23572822	41, AGB II Stage, Mahalakshmi Layout, Bangalore - 560086.
<b>The Technical Training Centre for the Deaf (Sheltered Workshop)</b> ☎ 25364588	28/2, Haines Road, near New Bamboo Bazaar Road, Bangalore - 560051.
<b>Ali Yavar Jung National Institute of Speech and Hearing (SRC Institute)</b> Telefax: 25460405, 25470037, 25468470	Hennur Road,Banglore- 560084

## Others

<b>NAWPH Karna Badhir Vidyalay</b> ☎ 91-712-6464348, 2024033	Near Parate Lay-out, Behind Sonegaon Old Village, Sonegaon, Nagpur-25,
<b>Sangli Giants Charitable Sanstha</b> ☎ 91-0233-2326410	100 Ft. Road, Mane Chowk, Gulab Colony, Sangli. Tal. Miraj, Dist. Sangli. Pin - 416 416 Maharashtra
<b>Nilam Patel Bahushrut Foundation</b> ☎ 91-265-2250157 npbf@bahushrutfoundation.org <a href="http://www.bahushrutfoundation.org">www.bahushrutfoundation.org</a>	303, Aries Palms, Tower-B, 5/6 Shobhana Nagar Vasna Road, Vadodara 390015
<b>The Enabling Centre</b> ☎ 011- 23274411	Lady Irwin College Sikandra Road, New Delhi- 110001

## National Institute of Open School (NIOS)

The National Open School System presently known as National Institute of Open School (NIOS) was basically devised for the working students who could not attend the regular classes. Along with these students, it has also given a fresh lease of life to students who are slow in their learning pace, children having learning difficulties and school drop outs. The NIOS provides them with an opportunity to fulfill their educational aims which is in harmony with their abilities.

The National Institute of Open Schooling (NIOS) is an autonomous and registered organization established by the Ministry of Human Resource Development (MHRD), Govt. of India with the prime objective to offer academic courses at Secondary and Sr. Secondary levels, including Vocational & Technical Education, and **Open Basic Education (OBE)** at three levels (A, B & C) equivalent to Class III, V, & VIII for those who are above 14+ in age. The institute has introduced on-line admission system to its Secondary and Sr. Secondary courses round the year with two blocks 1st March to 31st August & 1st Sept. to 28th Feb. The OBE programme has 3 levels A, B and C, which are as follows

- Level A equivalent to standard III of the formal school system.
- Level B equivalent to standard V of the formal school system.
- Level C equivalent to standard VIII of the formal school system.

### Admission

**From the year 2010-11, NIOS has introduced 100% On-line Admission. Off-line admission quota has been dispensed with. Students can visit their nearest Accredited Institution/ Facilitation Centre/ Regional Centre.**

### Eligibility

15 years of age and completion of Std.VII

Those who do not meet the eligibility criteria can check out the recently introduced Open Basic Education system or Open elementary education.

The Open Basic Education programme is being implemented by National Institute of Open Schooling (NIOS) with the aim of providing primary and upper primary

level education through alternate means of open schooling to those who are not able to go to a formal school or have dropped out of school.

**Medium of Instruction**

English and Hindi (regular basis), Gujarathi and Marathi are introduced.

**Required Documents**

Birth Certificate, 5 photos. Disability Certificate is needed for students with Learning Disability and Cerebral Palsy to make provision for writer and extra time.

**Choice of Subjects**

In NIOS system, the student has to choose minimum 5 subjects including one language (100 marks each). Vocational subjects like bakery, word processing have 60 marks for practical and 40 marks for theory. Subjects are Home Science, Economics, Business Studies etc.

**Flexibility**

The student is expected to clear the course within 5 years of registration. He/she is allowed 9 chances. The subjects can be cleared one at a time or more according to student's preparation and convenience. There is facility of accumulation of and improvement in credits. Once all the 5 subjects are cleared, credits are accumulated and the certificate is issued.

**Recognition**

The Secondary Education Course of NIOS is equivalent to Std. X. And the Senior Secondary Education Course is equal to Std. XII. The NIOS is recognized by Maharashtra Secondary and Higher Secondary Board and University of Mumbai.

**User Friendly**

Now NIOS has introduced On-line Registration. One-line course material is also available. For comprehensive information log on to [www.nios.ac.in](http://www.nios.ac.in)  
[http://nios.ac.in/media/documents/prospectus/AcadProspectus\\_2017\\_18.pdf](http://nios.ac.in/media/documents/prospectus/AcadProspectus_2017_18.pdf)

**Accredited Facilitation Centres****Regina Pacis Conevent**

Sheth Motishah Lane, Victoria Gradens  
Byculla, Mumbai- 400027 ☎ 022-2373375

**St. Andrew's High School & College**

St. Dominic Road, Bandra, Mumbai- 400050 ☎ 022- 26556006

**St. Dominic Savio High School** (Centre for English, Hindi & Marathi

Medium) Mahakali Road, Andheri (E), Mumbai- 400093 ☎ 022- 28362633



**Most schools dealing with Slow Learners & Children with Dyslexia teach NIOS curriculum.**

### **Training Centers in Mumbai**

- **Sandesh Vidyalaya** – Vikroli ☎ 25744906(Marathi Medium)
- **Pal Rajendra School** – Hanuman Nagar, Kandivali (E)
- **Dominic Savio High School** holds regular classes ☎ 28362633
- **Don Bosco High School**, Matunga, Mumbai- 400019  
[www.donboscomatunga.com](http://www.donboscomatunga.com), office@donboscomatunga.com ☎ - 24145233
- **Little Angels**, C/o Rao Memorial BMC School, Dr. Ambedkar Road, Pali Pather, Bandra (W), Mumbai - 400050.  
☎ 2604 6642 / 26495020 [www.littleangelsindia.com](http://www.littleangelsindia.com)
- **SNDT University**, Special Education Department (Juhu) ☎ 26126648
- **ChildREACH** – ☎ 26058725
- **Drishti** – ☎ 26348732
- **Human Development Centre** – ☎ 26121233
- **GAET-Anvay** – ☎ 40278222
- **Manav Seva Sangh** (Sion) – ☎ 24071553
- **Mona Remedial Education Centre** – ☎ 24133387, 24131011
- **Reach** – ☎ 9819461383, 9867163043

**Pratham**: NGO working for providing primary education to children has introduced various educational options to reach out to every child.  
Contact – Pratham Mumbai Education Initiative  
Y.B. Chavan Center, 4th Floor, Gen. J. Bhosale Marg. Nariman Point, Mumbai.- 400021. ☎ 022- 2281956. [www.pratham.org](http://www.pratham.org)

### **Distance Education Courses / Open University**

#### **Yashvantrao Chavan Maharashtra Open University**

This university provides education in Marathi Medium. (Students favoring instructions in Marathi can largely benefit from this course. A bridge course is offered for those who have not completed Std. VII. English medium is also being introduced. The courses are equal to Std.X, XII & Graduate Level.

**Yashvantrao Chavan Maharashtra Open University**

**Main Centre-** Dnyan Gangotri, Near Gangapur Dam, Nashik-422222

☎ 253-2231714 / 15 extn no.2331, 30013105

**Mumbai Regional Centre-** Jagannath Sankaraseth Municipal School

Nana Chowk, Near Shetty Restaurant, Grant Road (W), Mumbai- 400007

[info@ycmou.ac.in](mailto:info@ycmou.ac.in)

☎022-23874180, 87, 23874177 website: [ycmou.digitaluniversity.ac](http://ycmou.digitaluniversity.ac)

**Indira Gandhi National Open University (IGNOU)** offers variety of distance education courses.

Indira Gandhi National Open University, Block-9, Maidan Garhi,

New Delhi- 110068. ☎29571000, 29572964 [rcmumbai@ignou.ac.in](mailto:rcmumbai@ignou.ac.in)

[www.ignou.ac.in](http://www.ignou.ac.in)

**Success Academics**

Vastu Central, A wing, J .K. Sawant Marg, Off lane BMC G North

Office. Dadar Mumbai 400028. Founder: Sharmila Sawant

Phone: 9769651774

**Pathways -Sol's Arc Initiative-** Pathways is a 3-year Associate Vocational Degree Program with academic and industry certification, providing a career path for young special needs adult.

Peninsula Park, Upper Basement, Veera Desai industrial area, Off Veera Desai Road, Oshiwara, Mumbai-400053. [contact@solsarc.ngo](mailto:contact@solsarc.ngo) ☎022-26350834, 9867219041

**Jagatguru Rambhadracharya Handicapped University**

Chitrakoot, Karwi (UP)-210204. ☎+91-5198-224481, 224263

[jrhuniversity@yahoo.com](mailto:jrhuniversity@yahoo.com) [www.jrhu.com](http://www.jrhu.com)

**JSS Polytechnic for the Differently Abled**

JSS Technical Institutions' Campus, Manasagan gothri, Mysore - 570 006,

Karnataka ☎0821-2548315 [www.jsspgh.org](http://www.jsspgh.org)

Six Diploma courses of three-years (Six Semesters) duration each, namely Architecture, Commercial Practice, Computer Science & Engg., Jewellery Design & Technology, Electronics & Communication Engg. & Computer Applications are offered for People with Disabilities.

**Dr. Ambedkar Institute of Technology for Handicapped** Awadhपुरi (Opp. Rama Dental college, Kanpur-208024. ☎ 51225



## **Apex National Institutes**

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**National Institute for the Mentally Handicapped (NIMH)**

Address: Manovikas Nagar, Secuderabad (AP) [nimh.director@gmail.com](mailto:nimh.director@gmail.com)

☎ +91(40) 27759267 Fax: +91(40) 2775-0198 [www.nimhindia.org](http://www.nimhindia.org)

**NIMH Mumbai Regional Center:**

Address: Flat no. 1B 2, 1st floor, Vasundhara Coop.Hsg Soc,

Sector 8, Kharghar, Navi Mumbai 410210 (Service Centre)

☎ 27875277, 27564727 [rcn@nimhindia.gov.in](mailto:rcn@nimhindia.gov.in) [www.nimhindia.org](http://www.nimhindia.org)

**National Institute for the Orthopaedically Handicapped (NIOH)**

Address : B.T. Road, Bon Hooghly, Calcutta (WB)

☎ +91(33) 2557-8379 Fax : +91(33) 2578-8379

nildrcnlg@gmail, [www.nioh.in](http://www.nioh.in)

**Institute for the Physically Handicapped (IPH)**

Address : 4, Vishnu Digambar Marg, New Delhi

☎ +91(11) 2323-2403 Fax : +91(11) 23232403 [www.iphnewdelhi.in](http://www.iphnewdelhi.in)

**Ali Yavar Jung National Institute for the Hearing Handicapped (AYJNIHH)**

Address : Bandra Reclamation, Bandra (w), Mumbai

☎ +91(22) 2642-2638, [ayjnihh-mum\[at\]nic\[dot\]in](mailto:ayjnihh-mum[at]nic[dot]in), [www.ayjnihh.nic.in](http://www.ayjnihh.nic.in)

**National Institute for the Visually Handicapped (NIVH)**

Address: NIVH, Dehradun, Uttaranchal

☎ +91(135) 274-4491 Fax: +91(135) 2775-274-8147

**National Institute for Rehabilitation, Training and Research (NIRTAR)**

Address : Olatpur, P.O. Bairoi, Dist. Cuttack (Orissa) Tel : +91(6724) 255-5552

FAX: +91(6724) 255-5862, [svnirtar@gmail.com](mailto:svnirtar@gmail.com), [www.nirtar.nic.in](http://www.nirtar.nic.in)



## **Chapter 4**

### **Vocation**

Once the children attain their optimum educational level in special schools, they are trained for a suitable pre-vocational activity. Training is given in office skills, computers, screen printing, house keeping, bakery etc. Then at a later stage these young adults are employed by employers who are disabled friendly or in sheltered workshops or absorbed in the family business.












Sheltered workshops are best suited for people with intellectual disability. Adults with other disabilities seek employment in any workplace depending on the ability and merit. Given an opportunity, like any other member of society, he/she can be an equally productive member. But many times due to discrimination, the person's capacities are under utilized or wasted. The person with disability needs tremendous support to be economically independent. Finding the right vocation for them, training and placement is a great challenge for the parents as well as counselors, co-ordinators & facilitators.

In recent times, there is an emergence of entrepreneurs with special needs. In spite of them having special needs, they start up a venture which provides them an opportunity of employment in the open job market. With little assistance & guidance these enterprises are successful which gives them tremendous satisfaction. There is an increasing trend of employers to accommodate & include people with Special needs and start a novel business model.

### **Sheltered workshops for Adolescents with ID/CP**

## Mumbai

(Code-022)

<b>Aawhan Palak Sangh</b>  9819007617, 9920032244, 9224208342 <a href="http://www.aawhanpalaksangh.com">www.aawhanpalaksangh.com</a>	Kotwadi, Ground Floor, Padmabai Thakkar Marg, Near Indravadan Society, Kasarwadi, Near Shivaji Park, Dadar, Mumbai-400028.
<b>Abhilasha Pre- Vocational Centre for Adults with Developmental Disabilities</b>  8452969320	Ganga Puri Housing Society, P. M Road, Vile Parle (E), Mumbai-400057
<b>Advitya</b>  098208 44415	Kanta House, 2-New Saket, Tagore road, near Sarla Nursing Home, opposite Varistha, Mumbai- 400054
<b>Ahura Support Centre for Differently Abled</b>  2380 0317	26, Eranee Dharamshala Building, Behind Dar ul Mulk, P Ramabai Marg, Babulnath, Gamdevi, Mumbai - 400007
<b>Anchorage</b>  24936346, 77388 60420	204/205 Nirman Kendra, Dr. E. Moses Road, Mahalaxmi, Mumbai- 400011
<b>Anchorage Unit-2</b>  22824322 <a href="mailto:theanchorage@gmail.com">theanchorage@gmail.com</a> <a href="http://www.attheanchorage.org">www.attheanchorage.org</a>	96, Lady Ratan Tata Medical & Research Centre, M.K. Road, Cooperage, Mumbai 400021.
<b>A. K. Munshi Yojana 'Unnati Kendra'</b>  22425513	Shri. J. T. Sheth Mand Budhi Vikas Kendra, 3 <sup>rd</sup> Panjra Pol, C.P. Tank, Mumbai 400004
<b>Artistic Hands</b>  9320134469, 9320134469, 9820227885, 9930604645 <a href="mailto:artistichands19@gmail.com">artistichands19@gmail.com</a>	C-2, Hasmukh Nagar, Tagore Road, Santacruz (West), Mumbai - 400054.
<b>AWMH- Sahakar Vocational Centre</b>  23889814, 2389956 <a href="mailto:awmh@rediffmail.com">awmh@rediffmail.com</a>	BMC Marathi Primary School Building, 1 <sup>st</sup> floor, Khetwadi, 1 <sup>st</sup> Lane, S.V.P. Road, Behind Alankar Cinema, Mumbai- 400004
<b>Dr. Kalbag Rehabilitation Centre</b>  26131642, 26144183	Nadkarni Balkalyan Kendra, Chitrakaar Kelkar Marg, Vile Parle (E), Mumbai-400057
<b>Hitech Foundation</b>  9821159337	Dikshit Road Municipal School, Room No.9, Ground floor, Opp. Sathe College, Vile Parle (E), Mumbai- 400057

<b>Hunar Foundation</b> ☎ 9869 244900, 9967659596, 9892786268 hunarcentre@gmail.com <a href="http://www.hunarfoundationindia.org">www.hunarfoundationindia.org</a>	C/O. Nirmala Niwas, Chuim Community Centre, Chuim Village road, KharDanda, Khar (W) Mumbai-400 052
<b>Jagruti Palak Sanstha Mamta Day Care Center</b> ☎ 25803790, 9870201685, 9821164335 shyamabhonsle@gmail.com <a href="http://www.jagrutipalaksanstha.com">www.jagrutipalaksanstha.com</a>	Old Dnyanasadhana College, Mental Hospital Road, Thane (W)
<b>KimKan</b> ☎ 9930194531	B-2, Shimpla, Juhu Versova Link Road, Andheri West, Mumbai-400053.
<b>King George V Memorial After Care Centre</b> ☎ 24923877	Dr. E Moses Road, Near Famous Studio Mumbai 400011
<b>Kshitij for Developmentally Handicapped</b> ☎ 23080918, 6528 9958 info@kshitij-mumbai.org <a href="http://www.kshitij-mumbai.org">www.kshitij-mumbai.org</a>	F6/F7, 1 <sup>st</sup> Floor, Gilder Road Municipal School, Mumbai Central, Mumbai-400008.
<b>Mann Centre for Individuals with Special Needs</b> ☎ 9819927194 ☎ 9819566439 info@mann.org.in	Wellness center Sita Sindhu Bhavan, Ram Panjwani Charitable Trust, Santacruz(E), Mumbai – 400055. The Employment Cell Gaondevi Temple, 2nd floor, Milan Subway Road, Santacruz (W), Mumbai – 400054.
<b>MBA Foundation</b> 1) GODS Smiles ☎ 25234752 2) GOD’S Heavens ☎ 28574456 3) Rotary GODS Gift ☎ 25349474 4) GODS Saagarika ☎ 28450265 lifecare.disabled@gmail.com <a href="http://www.gods-mbafoundation.org">www.gods-mbafoundation.org</a>	C 1/1, Jeevan Naiya Hsg.Soc. Chembur Naka, Chembur, Mumbai - 400071.  Crystal Palace Complex, Rambaug, Powai, Mumbai 400 072.  Rotary Helpline Center, Near Khopri Bridge, M G road, Thane(W), 400 604. Gorai Homes, Opp Gorai Police station, Borivali (w) Gorai.
<b>National Job Development Centre (NJDC) by ADAPT</b> ☎ 25209413, 25208968	Near Diamond Garden, Behind Fairlawn Housing Society, Sion- Trombay Road, Chembur, Mumbai- 400071

<b>National Society for Equal Opportunities for the Handicapped (NASEOH)</b> ☎ 25220224, 225 <a href="mailto:naseoh@vsnl.com">naseoh@vsnl.com</a> <a href="http://www.naseoh.org">www.naseoh.org</a>	Postal Colony Road, Chembur, Mumbai-40071
<b>Om Creations</b> ☎ 2497 2294, 98194 70544  <b>Om Creations Trust</b> ☎ 64524739  <b>Om Creations Trust</b> <a href="mailto:omcreationstrust@gmail.com">omcreationstrust@gmail.com</a> <a href="http://www.omcreationstrust.org">www.omcreationstrust.org</a>	Anand Niketan, King George V Memorial Project Dr. E. Moses Road, Mumbai- 400 011  B M C School, Ground floor, Room no.9,10,11, Gilder lane, Opp. Navjeevan Society, Mumbai Central, Mumbai 400007  Building No. 61 A, 2 <sup>nd</sup> Floor, Above Maharaj Laddubetiji Mandir, 51/53, Dr. Atmaram merchant Road, Opp. Bhaskar Lane, Bhuleshwar, Mumbai-400002.
<b>Punarvas Vocational Training Centre</b> ☎ 28727024	6/22, Yeshwant Nagar, Goregaon(W), Mumbai- 400062
<b>S.P.J. Sadhana School</b> ☎ 2351 0853, 23517913 <a href="mailto:spjsadhana@gmail.com">spjsadhana@gmail.com</a>	Sophia College, Campus, Cumbala Hill, Mumbai- 400026
<b>Savera Vocational Training Centre</b> ☎ 2207372722662013, 23878992. <a href="mailto:mswcsavera@gmail.com">mswcsavera@gmail.com</a>	10, Raveline Street, Opp. Excelsior Cinema, Fort, Mumbai 400001
<b>Saibaba Educational Trust</b>	1 <sup>st</sup> floor, Navjeen Tower, O.T. Section, Ulhasnagar- 421003
<b>Swami Vivekanand Udyogalay</b> ☎ 24942128 <a href="mailto:swami@bom8.vsnl.net.in">swami@bom8.vsnl.net.in</a>	Audyogic Punarvasan Kendra Tulsiwadi, Near R.T.O. Tardeo, Mumbai 400007
<b>Swami Parijnanashram Educational and Vocational Centre for the Mentally Challenged</b> ☎ 07745873108	Deolipada Kharodi Naka, Bolinj, Virar (W), Taluka Vasai Dist. Thane Pin-401303
<b>Shraddha Charitable Trust</b> ☎ 23513735, 23524463, 98209 04079 <a href="mailto:scharitabletrust@gmail.com">scharitabletrust@gmail.com</a> <a href="http://www.shraddhamumbai.org">www.shraddhamumbai.org</a>	14-19, Mahalaxmi Municipal School, 3 <sup>rd</sup> floor, Bhulabhai Desai Road, Mumbai- 4000026
<b>Sadaphooli</b> ☎ 28017257	Dr. Kusumtai Naravane Special School, M.G. Road, near Swaminarayan Mandir, Kandivali (W), Mumbai- 400067
<b>Sobati – Sheltered Workshop for the Mentally Challenged</b> ☎ 9322210708	Shreyanand, B- Cabin Road, Shivaji Nagar, Thane(W) - 400610

<b>Society for the Vocational Rehabilitation of the Retarded</b>	Kilachand Mansion, 298, Shamaldas Gandhi Marg, Mumbai- 400002
<b>Sulabha Vocational Training Centre for Mentally Handicapped for Deepak Kumar Lalji Chheda</b> ☎ 2522 9660 sulabhaspecialschool@gmail.com <a href="http://www.sulabhaspecialschool.org">www.sulabhaspecialschool.org</a>	8/3,Tilak Nagar, Chembur, Mumbai- 400 089
<b>Jai Vakeel Foundation &amp; Research Centre (The Research Society for Care, Treatment &amp; Training of Children in need of Special Care)</b> ☎ 24701231, 24702285 admin@jaivakeel.org <a href="http://www.theresearchsociety.org">www.theresearchsociety.org</a>	Abhyuday Nagar, Opp. Building 12, Sewari Hills, Sewari Road,Mumbai- 400033
<b>Together See</b> ☎ 28398173,9930358173 togethersee@gmail.com <a href="http://www.togethersee.org">www.togethersee.org</a>	Premises 12, 13 and 14, Poonam Kirti CHS, Poonam Nagar, Andheri East, Mumbai-400093
<b>Valabhdas Dagara Indian Society (VDIS) for Mentally Retarded</b> ☎ 28892409 VDISMR@YAHOO.CO.IN <a href="http://www.vdis.org">www.vdis.org</a>	Station Road,Malad West, Mumbai- 400064
<b>Vishwas Centre for Mentally Retarded</b> ☎ 9323566838	1 <sup>st</sup> Floor, Ghantali Rangamanch, Near Kailash Ghantali Temple, Ghantali, Thane(W)- 4000602
<b>Wings</b> ☎ 9833503878	16, Jeevan Prem Society, Near Parmarth Niketan, Panchpakhadi, Thane 400602

## Pune

(Code- 020)

<b>Brahmadatta Vidyalaya</b> ☎ 27658105	Savitribai Phule Vyayamshala, Sect.25, Mahavir Path,Akrudi, Pune- 44
<b>EDARCH</b> ☎ 24457636, 25538597	212-A, 3rd Floor Narayan Peth Pune- 411030
<b>Jai Vakeel School For Children In Need Of Special Care</b> ☎ 02114-262308 Check	Sai Sevadham, Kanhe, Maval, Pune.
<b>Jeewan Jyot Mandal Institute for MR Children</b> ☎ 25446258,25463259	Plot No. 62, Tarate Colony, Karve Road, Pune- 411004

<b>Kamayani School for the MR</b> ☎ 25651588	270/B, Gokhale Nagar, Near Patrakar Bhavan, Pune-411016
<b>LARC- Learning Assistance Research Centre</b> ☎ 25679714	77, Erandvana, Prabhat Road Lane no.15, Pune- 411004.
<b>Prism Pre- Vocational School</b> ☎ 25679714 <a href="mailto:prismfoundation@hotmail.com">prismfoundation@hotmail.com</a>	77, Erandvana, Prabhat Road Lane no.15, Pune- 411004.
<b>Queen Mary's Technical Institute</b> ☎ 2581 6779 <a href="mailto:puneqmti@gmail.com">puneqmti@gmail.com</a> <a href="http://www.qmtiindia.org">www.qmtiindia.org</a>	Park Road,Rangehills, Khadki. Pune- 411020
<b>Sevasadan Dilasa Centre</b> ☎ 25411435	Survey no 8&13, Erandevane. Patvardhan Garden, Near Deenanath Mangeshkar Hospital,Pune-411004
<b>Sevasadan Pre-Vocational School 'Dilasa'</b> ☎ 24480549	613/14, Sadashiv Peth, Laxmi Road, Pune- 411030
<b>Sadhana Village</b> ☎ 2538 0792, 2538 1112 98505 89088, 96899 17060 / 61 / 62 / 63 <a href="mailto:punesevasadansociety@gmail.com">punesevasadansociety@gmail.com</a> <a href="http://www.sadhana-village.org">www.sadhana-village.org</a>	1,Priyankit,LokmanyaColony,Opp.Vanaz, Paud Road, Pune- 411 038
<b>Smruti School for MR</b>	Ganesh Peth, Beldar Samaj Hall, Near Gurudwara Temple, Kasba Peth, Pune- 411011
<b>Space</b> ☎ 23536180	Manisha, 996/3, Navi Peth, Abhinav Apartments,Off Lal Bahadur Shastri Rd, Near Bharat Petrol Pump, Pune- 411030

## Others

<b>DARE- Development Activities in Rehabilitation Education</b> ☎ 04865-30561/65 <a href="http://dare.munnarsrishtitrust.com">dare.munnarsrishtitrust.com</a>	"Shrishti", Nullatanni, TATA Tea Ltd., Munnar- 685612, Kerala
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<b>Akshara</b> ☎ 23346723	40/6, Patankar Layout, 13th Cross, Malleswaram, Bangalore - 560003.
<b>Amulya Day Centre</b> ☎ 2654 8309	355, 42nd Cross, 8th Block, Jayanagar, Bangalore - 560082.

## Bangalore-080

<b>Apoorva Day Centre</b> ☎ 26549897	213, 32nd A Cross, 7th Block, Jayanagar, Bangalore - 560082.
<b>Pratibha Vocational Centre</b> ☎ 25532744	115, 2nd Cross, 5th Block, Koramangala, Bangalore - 560095.
<b>The Technical Training Centre for the Deaf</b> ☎ 25553255, 9845624181	28/2, Haines Road, near New Bamboo Bazaar Road, Bangalore - 560051.

## Employment Development/ Vocational Guidance Centers

<b>Ability Foundation</b> ☎ 044-24452400 <a href="mailto:j.raveendran@abilityfoundation.org">j.raveendran@abilityfoundation.org</a> <a href="http://www.abilityfoundation.org">www.abilityfoundation.org</a>	12, Fourth Main Road, Gandhi Nagar, Adyar, Chennai- 600020
<b>Department of Rehabilitation for Blind</b> ☎ 24942795, 249445108 <a href="mailto:contactus@nabindia.info">contactus@nabindia.info</a>	C/o King George Infirmary, E.- Moses Road, Mahalaxmi, Mumbai-4000
<b>Maharashtra Vocational Guidance centre</b> Time- 6.30 to 8.00 p.m. (Except Sunday and Bank Holidays )	Municipal School, Bhavani Shankar Road, Dadar, Mumbai- 400028
<b>National Job Development Centre(NJDC)</b> ☎ 022- 2520 9413 / 2520 8968 <a href="mailto:contact@adaptssi.org">contact@adaptssi.org</a> <a href="http://www.adaptssi.org">www.adaptssi.org</a>	Behind Fairlawn housing society, Sion-Trombay Road, Chembur, Mumbai-400071
<b>National Society for Equal Opportunities for the Handicapped (NASEOH)</b> ☎ 25220224/25 <a href="mailto:naseoh@vsnl.com">naseoh@vsnl.com</a> <a href="http://www.naseoh.org">www.naseoh.org</a>	Postal Colony Road, Chembur, Mumbai-400071
<b>NAB Kaka Patil Centre for the Blind</b> ☎ 26246653 <a href="mailto:hsg@nabindia.info">hsg@nabindia.info</a>	18, Pandu Patil Lane, Andheri (W), Mumbai-400058
<b>Industrial Home for Blind Women</b> ☎ 26289173, 26701772	TPS – VI Plot 25, Lallubhai Park, Andheri (W), Mumbai – 400058 (Sheltered Workshop and Residential Facility)
<b>Special Employment Exchange For Physically Handicapped</b>	Govt. Barrack no:2, Foreshore Rd., Near Mantralaya, Nariman Point, Mumbai-400021

<b>The National Association of Disable's Enterprises</b> ☎ 25779600,022 25779671	Kannamwar Nagar Municipal Marathi School No. 1, Ground Floor, Kannamwar Nagar I, Vikhroli (East), Mumbai- 400 083.
<b>The N.S.D Industrial Home for the Blind</b> ☎ 24935995, 24933829	B.D.D. Chawl, Block NO.52, Worli, Mumbai- 400018 (Residential Facility)
<b>Vijay Merchant Rehabilitation Centre For The Disabled</b>	3rd Floor, 'A' Wing Mhatre Pen Bldg., Senapati Bapat Marg, Dadar (W), Mumbai- 400 028

- **For information : Contact -**  
Superintendent, Vocational Rehabilitation centre, Employment officer of  
Special employment exchange for physically handicapped of your state.
- Website for jobs for people with Hearing impairment  
[www.jobsfordeaf.nic.in](http://www.jobsfordeaf.nic.in)
- **For Loans : Contact**  
NHFDC (National Handicapped Finance & Development Corporation)  
Red Cross Bhavan, Sector- 12, Faridabad- 121007

**Handicaps exist only in our minds.**

**-Franklin D Roosevelt**





## Chapter-5

### Rehabilitation

Rehabilitation refers to a process aimed at enabling persons with disabilities to reach and maintain their optimal physical, sensory, intellectual, psychological, social or economic functional levels, thus providing them with the tools to change their lives towards a higher level of independence.

The amount of rehabilitation required will depend upon the problems faced, its severity and complexity. The success of rehabilitation will depend on many factors such as:








- **Age of the child**
- **Longer the disability, longer the time and grater will be the problem**
- **Facilities available to the child**
- **Various personal factors which motivate the person with disability**
- **Family support in overcoming the disability.**









#### Support Services for Rehabilitation

- A. Child Guidance/ Counseling Centers**
- B. Training Institutes for Parents/ Teachers**
- C. Self Help / Support Groups**
- D. Marriage Bureaus/ Websites /Marital Counselling**
- E. Life Care Centers/ Residential Homes**
- F. Special Shops/ Library/ Book- Stores**
- G. Accessibility Tools / User Friendly Devices**
- H. Directory Services**
- I. Useful Links**

## A. Child Development Centres (CDC) / Child Guidance Clinics (CGC)/ Counselling Centers

### Mumbai (Code-022)

<b>A.K. Munshi Yojana</b>  23862992 <a href="mailto:Yojana:akmyojana99@gmail.com">Yojana:akmyojana99@gmail.com</a> <a href="http://akmunshiyojana.org">http://akmunshiyojana.org</a>	214, Adarsh Niwas, 2 <sup>nd</sup> floor Raja Ram Mohan Roy Road, Charni Road, Mumbai – 400004
<b>Aakaar Child Development Center</b>  9223374535/ 9820581989 <a href="mailto:aakaar2009@gmail.com">aakaar2009@gmail.com</a> <a href="http://aakaarcdc.in/">http://aakaarcdc.in/</a>	Shop No:8, Shiv Sankalp Bldg, Plot no 74, Sector - 50 (New), Seawoods, Nerul, Navi Mumbai – 400706
<b>Aavishkar Centre</b>  24227515 <a href="mailto:aavishkar93@gmail.com">aavishkar93@gmail.com</a> <a href="http://www.aavishkarcentre.com">www.aavishkarcentre.com</a>	20/A, Chandan Mansion, Opp. Portuguese Church, Gokhale Road, Dadar(W), Mumbai 400028
<b>Asha Achievment Center</b>  9326070102	Guru Krupa Building, Milind Nagar Corner, Birla College Road, Kalyan, Mumbai- 421301
<b>Bai Jerbai Wadia Hospital for ChildrenCGC</b>  24185646 / 24126003 / 24197200 <a href="mailto:info@wadiahospitals.org">info@wadiahospitals.org</a> <a href="http://www.wadiahospitals.org">www.wadiahospitals.org</a>	Acharya Donde Marg,Parel, Mumbai- 400012
<b>BYL Nair Hospital CGC</b>  23027000 <a href="mailto:deannt@vsnl.net">deannt@vsnl.net</a> <a href="http://www.tnmcnair.com">www.tnmcnair.com</a>	43-A/43B, Doctor Anandrao Nair Marg, RTO Colony, Mumbai Central, Mumbai- 400008
<b>ChildRaise Centre</b>  24386767,09820256731, 1800 221203 <a href="http://www.childraise.com">www.childraise.com</a>	B Wing, Flat no. 9, Jaldevi Niwas, New Karnatak Bldg., Mogal Lane, Matunga Road (W), Mumbai-400016.

<b>Child Rehabilitation Centre Nerul Centre (Head Office)</b>  092215 33715/6	Shop No. 24, Saisthan, Plot No 4-5-6, Opposite Municipal Office, Shri Chandar Sekher Saraswati Rd, Sector 29, Nerul(East), Navi Mumbai, 400706.
<b>Kharghar Centre</b>  092215 33714	First floor, Someshwar residency CHS, Sector-10, Near to Highway, Kharghar, Navi Mumbai - 410210
<b>Koparkhairane Centre</b>  092215 33718	Bungalow No. 81, Opp Lane to Adarsh Restaurant, Landmark – Trishul Society, Sector 01, Koparkhairane, Navi Mumbai, 400709
<b>Disha Counseling Centre</b>  24384575 / 9819478538 <a href="mailto:dishacounselingcenter@gmail.com">dishacounselingcenter@gmail.com</a> <a href="http://www.dishaforu.com">www.dishaforu.com</a>	3rd Floor, Kanchan Villa, KSA Compund, Bhavani Shankar Road ,Near Shardashram School, Dadar, Mumbai- 400028
<b>Dr. R. N. Cooper Municipal General Hospital (Department of Psychiatry)</b>  26207254/7256	Juhu Road, Vile Parle, Mumbai – 400056.
<b>Dr. Asha Chitnis Clinic</b>  3381 4064	Ground Floor, Mistry Building, Cadell Road, Near Catering College, SH Paralkar Marg, Dadar West, Shivaji Park, Mumbai- 400028
<b>Disability Remedial Centre</b>  9029429018, 9967976407,9654887985	Four Bunglow, MHADA, Andheri west, Mumbai- 400061.
<b>Harmony Centre</b>  9820095235, 9821368543 <a href="mailto:harmonynurul@gmail.com">harmonynurul@gmail.com</a> <a href="http://www.harmonycounsellor.org">www.harmonycounsellor.org</a>	7/Pulin Towers, opposite Dmart and Kendriya Vihar, Seawoods West, Navi Mumbai - 400706
<b>H N Reliance Foundation CGC</b>  1800221166, 61305000,61305005 <a href="http://www.rfhospital.org">www.rfhospital.org</a>	Raja Rammohan Roy Road, Prarthana Samaj, Girgaon, Mumbai - 400004.
<b>Hinduja Hospital</b>  2445 1515, 24449199 <a href="http://www.hindujahospital.com">www.hindujahospital.com</a>	Cadell Road, Mahim, Mumbai 400016
<b>Institution for Exceptional Children</b>  23868501	Municipal School Bldg., Topiwala Lane, Girgaon, Mumbai-400007

<b>Institute of Psychological Health (IPH)</b> ☎ 25433270 <a href="mailto:iphapts@gmail.com">iphapts@gmail.com</a> <a href="http://www.healthymind.org">www.healthymind.org</a>	9th floor, Shree Ganesh Darshan, LBS Marg, Hari Niwas junction, Naupada, Thane(W) 400602
<b>J.J.Hospital</b> ☎ 23735555 Ext: (2399)	Byculla, Mumbai 400006
<b>Jumpstart Therapy Centre</b> <b>(Aashish Foundation Initiative)</b> ☎ 9833186682, 67439941  ☎ 9870183414 <a href="mailto:aashishfoundation@gmail.com">aashishfoundation@gmail.com</a> <a href="http://www.aashishfoundation.org">www.aashishfoundation.org</a>	122, Unique Industrial Estate, Twin Towers Road, Prabhadevi, Mumbai-400025  17/18 Shankar Tower, Plot No.14, Sector14, Off Palm Beach Road, near Moraj Junction, Opp Raj Uday,Sandpada, Navi Mumbai
<b>KEM Hospital CGC</b> ☎ 24155678, 24131419, 24131763, 24136051	Department of Psychiatry, Parel, Mumbai – 400012
<b>Krishnabai Khambadkone</b> <b>Child and Parent Guidance Centre</b> ☎ 26117195	Lokmanya Seva Sangh, Tilak Mandir Road, Vile Parle(E),Mumbai- 400057
<b>K.S.A. Health Centre</b> ☎ 23802263 <a href="mailto:admin@kanarasaraswat.in">admin@kanarasaraswat.in</a> <a href="http://www.kanarasaraswat.in">www.kanarasaraswat.in</a>	Talmaki Wadi, Near Bhatia Hospital, Tardeo, Grant Road(W), Mumbai 400007
<b>Khushi : Balak Palak Margadarshan</b> <b>Kendra by Vatsalya Trust</b> ☎ 25782958, 25794798	Plot no. 1285, near Kanjurmarg Police Station, Kanjurmarg(E),Mumbai-400042
<b>Khushi Paediatric Therapy Centre</b> ☎ 9820592543, 98195 61468 <a href="mailto:info@khushi.net.in">info@khushi.net.in</a> <a href="http://www.khushi.net.in">www.khushi.net.in</a>	1) 2, Ground Floor, Rajkar CHS, Plot No. 108, Sher E Punjab, Green Lane, Guru Gobind Singh Marg, Andheri (East), Mumbai -400093. 2) Flat No 301, 3rd Floor, Krishna Kunj, Akurli Road, Kandivali (East), Mumbai - 400101.
<b>Lighthouse</b> ☎ 9819064508	Nirmal Niwas, 1, Ground Floor, Flat no. 2, AK Marg, Gowalia Tank, Next to Jain Mandir, Mumbai-400036.
<b>L.T.M.G. Hospital CGC</b> ☎ 24076389 /6381/24092020; 2409 2020, 2408 2504 <a href="http://www.ltmgh.com">www.ltmgh.com</a>	Dr. Babasaheb Ambedkar Road, Sion, Mumbai – 400022







<b>M.P. Shah College S.N.D.T</b> ☎ 24095869, 24943935 smesedu@bom3.vsnl.net.in	College Campus, Matunga (E), Mumbai-4000 17
<b>Mann- Healthy Mind Clinic:Mahalaxmi</b> ☎ 022-23513940/2390	G-1, Ground Floor, Mahalaxmi Chambers, Near Mahalaxmi Temple,, Behind Union Bank of India, Bhulabhai Desai Road, Mahalaxmi West, Mumbai- 400026
<b>Mann- Healthy Mind Clinic: Bandra</b> ☎ 022-26512558/2559 <a href="http://www.manncentre.com">www.manncentre.com</a>	2, Ground Floor, Geetanjali Building, S.V. Road,, Near HP Petrol Pump and Apollo Pharmacy, Bandra West, Bandra West, Mumbai- 400050
<b>Muskan- Child and Adolescent Guidance Centre</b> ☎ 2659 2745,9930386115,506094898 <b>contact@muskanfoundation.org.in</b> <a href="http://www.muskanfoundation.org.in">www.muskanfoundation.org.in</a>	15, Prashanti, Kalanagar, Opposite MHADA , Bandra East, Mumbai-400051.  They also have centres at Goregaon, Kandivali, Wadia Centre at Parel.
<b>Nagpada Neighbourhood House</b> ☎ 23096144, 23020287 House:mmnnh1827@gmail.com	Sophia Zuber Road, Opp. Nagpada Police station, Byculla, Mumbai- 400008.
<b>National Institute For Mentally Handicapped (Regional Centre)</b> ☎ 022- 27875277, 27564727	Ground Flr Maruti Mount View Nr Apna Bazar Sector 8, Belapur, Navi Mumbai – 400614.
<b>PACE (Parents Forum for Appropriate Education of the Child)</b> ☎ 022-26414171 info@tulipchildren.org <a href="http://www.tulipschildren.org">www.tulipschildren.org</a>	Manik Vidya Mandir, Opp. Lilavati Hospital, Bandra Reclamation, Bandra (W), Mumbai 400050.
<b>Pehel Pediatric Therapy centre</b> ☎ 022-25653188,9930353188 <b>kinjalbhanushali20@gmail.com</b>	LG-23, Avior, Nirmal Galaxy, Opp.Johnson & Johnson Garden, Off L.B.S. Road, Near Deep Mandir Theatre, Mulund West, Mumbai- 400080
<b>Provo Centre</b> ☎ 09869832092 <b>info@provocentre.com</b> <a href="http://www.provocentre.com">www.provocentre.com</a>	B-101, Sai Sankalp, Opp. Amarnath Tower, Panchvati Road Off JP Road, Seven Bunglows, Andheri (W), Mumbai - 400 061
<b>Reach Therapy Centre for Children</b> ☎ 022-33814064	1 <sup>st</sup> Floor, Zehra Manzil, 91, Lady Jamshedji Road, near Paradise Cinema, Mahim, Mumbai- 400016.

<b>Seva Niketan CGC</b> ☎ 23092934/3025/3257	J.J. Road, Near Byculla Bridge, Mumbai- 400008
<b>Shree Manav Seva Sangh</b> ☎ 24071553, 24092266, 24077350 Ext27. sparschc@gmail.com <a href="http://www.shreemanavsevasangh.org">www.shreemanavsevasangh.org</a>	255/257 ,Sion Road, Sion (W), Mumbai-400022
<b>Sparsh Child Development Centre</b> ☎ 09323003812 vijayassp@gmail.com <a href="http://www.sparshhomeopathymumbai.in">www.sparshhomeopathymumbai.in</a>	7 D-39, Chandralok Society, Sector 10 , Above Monginis cake shop, Near D-Mart Koperkhairane, Navi Mumbai - 400709.
<b>S.N.D.T Women's University</b> ☎ 2660 8493, 2660 8462  <a href="mailto:specialeducation@sndt.ac.in">specialeducation@sndt.ac.in</a>  www.specialeducation.sndt.ac.in	SNDT Women's University, Juhu Tara Road, Juhu Mumbai 400 049  Ph. D. (Special Education) M.A. in Inclusive Education  M. Ed. (Special Education)  B. Ed. (Special Education)  P.G. Diploma in Management of Learning Disability
<b>S.N.D.T. University</b> ☎ 22036506	Churchgate, Mumbai
<b>Sukoon Counselling Centre</b> ☎ 23621072, 9769721372	Amar Niwas, 18, Banganga Road, Walkeshwar, Mumbai 400006
<b>Ummeed Child Development Centre</b> ☎ 65564054, 23002006 scheduling.team@ummeed.org <a href="http://www.ummeed.org">www.ummeed.org</a>	Ground Floor, Mantri Pride, 1B/162, N.M. Joshi Marg, Subhash Nagar, Opp.Chinchpokli, Lower Parel(E) Mumbai-400012
<b>Urja Counselling &amp; Remedial Centre</b> ☎ 9820741580	Bungalow no 116, Shree Krishna Bungalow, Sector 3, Charkop, Punjab National Bank Lane, Kandivli west, Mumbai 400 067
<b>VistAura Counselling &amp; Assesment Centre</b> ☎ 09820471604	Gundecha Education Academy, Kandivali (east) Mumbai
<b>Vrudhi Child Development Centre</b> ☎ 22 24037053, 24150661, 8080007056. <a href="mailto:vriddhicbe3@gmail.com">vriddhicbe3@gmail.com</a>	7/9 Chandra Niwas , Colony Road, Sion Mumbai : 400022 284, Shree Krishna Niwas, Telang road , Matunga, Mumbai : 400019.

## B. Training Institutes for Parents/Teachers

<b>Action for Autism</b> ☎ 011-4054 0991, 011-4054 0992, 011-6534 7422 <a href="mailto:actionforautism@gmail.com">actionforautism@gmail.com</a> <a href="http://www.autism-india.org">www.autism-india.org</a>	7 & 8, Jasola Vihar, New Delhi 110 025 2 year Diploma in Special Education - Autism Spectrum Disorders (D.Ed.Spl Ed-ASD) Parent Child Training Programme: A 10 – 12 week intensive training and intervention Programme for parents with their children, Monday to Friday from 9:00 am to 1:00 pm.
<b>Aatman Academy</b> ☎ 98696 87073 / +91 98219 12072 <a href="mailto:info@aatmanacademy.org">info@aatmanacademy.org</a> <a href="http://www.aatmanacademy.org">www.aatmanacademy.org</a>	Behind TMC Mini Sports Complex, Next To Swami Krupa Society, Thane (West) 400607. Course Duration: 75 hours of theory sessions spread over 25 weeks (Saturdays: 2pm -5 pm)  Certificate Course in Holistic Inclusion of Learners with Diversities
<b>ADAPT -- Able Disabled All People Together (Formerly The Spastics Society of India)</b> ☎ 022-2644 3666 / 2644 3688 <a href="mailto:contact@adaptssi.org">contact@adaptssi.org</a> <a href="http://www.adaptssi.org">www.adaptssi.org</a>	K.C. Marg, Near Rang Sharda, Bandra Reclamation, Bandra (W), Mumbai - 400 050 Asia Pacific Course 'Community Initiatives in Inclusion.'
<b>All India Institute of Physical Medicine and Rehabilitation</b> ☎ 022-2354 4332 <a href="http://www.aiipmr.gov.in">www.aiipmr.gov.in</a>	Keshavrao Khadye Marg (Clarke Road) Haji Ali ,Mumbai. This Govt. sponsored institute operates as a treatment cum training centre & offers several long term and short term courses.
<b>Animal Angels Foundation</b> ☎ 9820788703, 9820144621 <a href="mailto:AnimalAngelsIndia@gmail.com">AnimalAngelsIndia@gmail.com</a> <a href="http://www.animalangelsfoundation.com">www.animalangelsfoundation.com</a>	Prerna, Flat11, Military Road, Marol, Andheri (East), Mumbai-400059. Offers an Intensive Course in Animal Assisted Therapy.
<b>Asha Achievment Center</b> ☎ 9326070102	Guru Krupa Building, Milind Nagar Corner, Birla College Road,Kalyan, Mumbai- 421301 Shadow Teacher Training Certificate Course
<b>Arya Vidya Mandir Institute of Special Education</b> ☎ 022-66923600 <a href="mailto:avm@avmschools.ac.in">avm@avmschools.ac.in</a>	St. Cyril Road, Bandra (W), Mumbai- 400050 Certificate Course on Learning Disability PartTime course of 4 months- Mon, Wed, Thurs 4.30 to 6.00 pm & Sat. 10am- 1pm

<b>Dilkhush</b> ☎ 022-26151304 <a href="mailto:dilkhushhc@gmail.com">dilkhushhc@gmail.com</a> <a href="http://www.dilkhush.org.in">www.dilkhush.org.in</a>	Church Road, Juhu, Mumbai – 400049 2 year Diploma in Special Education Course in Mental Retardation.
<b>Education Matters</b> ☎ 9820286535	Siddhi Polyclinic, Twinkle Apartments, A Wing, Adarsh Nagar, Andheri West, Mumbai – 400058
<b>Gundecha Education Academy</b> ☎ 09820471604	Gundecha Education Academy, Kandivali (east) Mumbai 6 month Course in Remediation and Learning Disability
<b>Hashu Advani College of Special Education (HACSE)</b> ☎ 022-25531041/30451/61040 ccym4@hotmail.com <a href="http://www.hashuadvanismarak.org">www.hashuadvanismarak.org</a>	64-65, Collector's Colony, Chembur, Mumbai – 400074 2 years of Learning Disability Course 2 years of B.ED in Hearing Impairment.
<b>Hi 5 Child Development Centre</b> ☎ 022-2617 9471, 26130408 reach.hifive@gmail.com <a href="http://www.hifive.in">http://www.hifive.in</a>	3, Sagarika CHS Building,, Juhu Tara Road,, Juhu, Mumbai- 400049 Handwriting without Tears(HWT), Brain Gym, Jolly Phonics, Aqua therapy & other various workshops are regularly conducted
<b>Indira Gandhi National Open University(IGNOU) Regional Center</b> ☎ 022-25923159, 25925540 rcmumbai@ignou.ac.in <a href="http://www.ignou.ac.in">www.ignou.ac.in</a>	2nd & 3rd Floor, Kapeesh Building, M. G. Road, Opp to Mulund Rly. Station, Mulund (West), Mumbai - 4000080
<b>Leap Ahead Assessment and Learning Centre</b> ☎ 022-26600019/9930077059 leapahead13@gmail.com <a href="http://www.leapahead13.com">www.leapahead13.com</a>	Jay Apartments, 2nd Floor, Linking Road, Opp. HDFC Bank Branch, Santacruz West, Mumbai 400054. Conduct L. D. Course, Jolly phonics, Brain Gym, Mathematical/ Life- Social Skills & various other short & extensive courses
<b>Maharastra Dyslexia Association</b> ☎ 022-25565754 mda@dyslexiaindia.com <a href="http://www.mdamumbai.com">www.mdamumbai.com</a>	003, Amit Park Bldg, L J Road, Deonar, Mumbai 400088 A 2 year part-time certificate course in Dyslexia organised in collaboration with the Multisensory Language Training Institute of New Mexico (MLTI-NM).
<b>MRICE- Mrs. Raj's Institute of Contemporary Education</b> ☎ 022-23521412, 23516112, 23510672 counselling.manthan@gmail.com <a href="http://www.eccecourse.in">www.eccecourse.in</a>	C-5, Commerce Center, Tardeo Road, Mumbai – 400034 Part Time L. D. Remedial Teacher's Training

<b>New Horizons</b>  022-29276051, 65711586 <a href="http://www.enablemychild.org">www.enablemychild.org</a>	Goregaon East Saira Mansion Pahadi School Rd 2, Goregaon (E) Mumbai – 400063 6 months (Part time) January-June & July- December Certificate in Special Education. 1 year full term, including internship Post Graduate Diploma in Special Education Multiple Disabilities: Physical & Neurological
<b>National Institute For Mentally Handicapped (NIMH) Regional Centre</b>  022-27746889, 27743983 <a href="http://www.niepid.nic.in">www.niepid.nic.in</a>	B 102, Vasundhara CHS, Plot No.13-14, Sector 8, Kharghar, Navi Mumbai, Maharashtra- 410 210
<b>NAB : National Association for the Blind</b>  022-66838652, 66838662, 66838650 contactus@nabindia.info <a href="http://www.nabindia.org">www.nabindia.org</a>	11/12, Khan Abdul Gaffar Khan Road, Worli Seaface, Mumbai – 400 030 2 year Diploma Courses in Special Education
<b>National Institute of Open Schooling (NIOS)</b>  1800-180-9393, 098335 39851 <a href="http://www.nios.ac.in">www.nios.ac.in</a>	Headquarter-A 24/25, Institutional Area, Sector 62, Noida, Dis-Gautam Budh Nagar, Uttar Pradesh - 201309 Mumbai- Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400093 Diploma in Early Education
<b>Prafula Psychological Services (A Don Bosco Project)</b>  022-28302323, 28200248, 28373739 prafultaandheri@gmail.com <a href="http://www.prafulaandheri.org">www.prafulaandheri.org</a>	St. Dominic Savio School Campus, Off Mahakali Caves Road, Sher-e-Punjab, Opp. Tolani College, Andheri East, Mumbai-400093. 1) A Certificate Course in Educational Assessment & Orientation to Remedial Education (EAORE)-20 Sessions 2) Orientation to Remedial Education (ORE) 12 Hour programme to orient teachers 3) Teacher Training Programme in Remedial Education (1 Month Course in May) They also offer other courses in Counselling, Rational Emotive Behaviour Therapy (REBT), Career Guidance, Life Skills etc.
<b>Play Pal</b>  022- 407 55535 info@playpalindia.org <a href="http://www.playpalindia.org">www.playpalindia.org</a>	2/A Ground Floor, Film Center Building, 68 Tardeo Road, Tardeo, Malviya Nagar, Tardeo, Mumbai-400008 Play Pal is a Certification in Play Development and Facilitation. It is a 6 months training program, an Initiative of SETCO Foundation.

<b>SAI – Support for Autistic Individuals</b> ☎022-2642 6088 <a href="mailto:saiconnections01@gmail.com">saiconnections01@gmail.com</a> <a href="http://www.saiconnections.com">www.saiconnections.com</a>	Sterling Centre, Bank of India Building, Opposite Cardinal Gracious School, Subhash Nagar, Bandra (East), Mumbai- 400051 SAI conducts Relationship Development Intervention (RDI) Certification courses & other courses.
<b>S.N.D.T.Centre of Special Education</b> ☎022-26602307, 26611506 <a href="http://www.specialeducation.sndt.ac.in">www.specialeducation.sndt.ac.in</a>	S.N.D.T. Women’s University, Juhu, Mumbai
<b>S.N.D.T. Women’s University</b> ☎022-036506, 22031879, 22032159	Churchgate, Mumbai
<b>S.N.D.T. Women’s University and Leap Ahead</b> ☎022-26602307, 26611506 Sujata Bhan : 9820167470, Minaz Ajani: 9820033595	Department of Special Education, SNDT Women’s University, Juhu, Santacruz West, Mumbai
<b>SIES College</b> ☎022- 24090516	S.I.E.S. Insitute of Comprehensive Education, Sion (W), Mumbai. 6 Month Counselling Course 1 year Certificate Course in Remedial Education
<b>Saahas Assessment &amp; Remedial Center</b> ☎9920064428 <b>bharti@saahas-shiksha</b> <a href="http://www.saahas.shiksha">www.saahas.shiksha</a>	13/130 Pragati Society, Link road,Opp. Charkop Pumping Station, Mahavir Nagar,Kandivli West, Mumbai-400067 Learning Disability6th Months Part Time Course, session held once a week.
<b>Suvidya Centre of Special Education- Initiative of Sopan(Society of Parents of Children with Autistic Disorders)</b> ☎022-6504 3998, 2832 83550 <a href="mailto:sopantrust@rediffmail.com">sopantrust@rediffmail.com</a> <a href="http://www.sopan.org">www.sopan.org</a>	B.M.C. School Building, Natwar Nagar Road No.5, Jogeshwari (E), Mumbai – 400 060. B.Ed in Spl. Ed Autism Spectrum Disorder 3 month Certificate Course in Autism Spectrum Disorder Certificate Course in Shadow Teaching
<b>Tata Institute for Social Sciences (TISS)</b> ☎022-2552 5000	V.N. Purav Marg, Deonar, Mumbai- 400088 3 month Skill Enhancement Certificate Course
<b>The Helen Keller Institute</b> ☎022-27782214 <a href="mailto:hkidb.mumbai@gmail.com">hkidb.mumbai@gmail.com</a> <a href="http://www.hkidb-mumbai.org/">http://www.hkidb-mumbai.org/</a>	CC1, TTC, Shil Mahape Road, Mahape, Navi Mumbai. 2 year diploma in Sp. Education Visual Impairment

<b>Ummeed Child Development Centre</b> ☎ 022-65564054, 65528310, 23002006 <b>Ummeed Training Centre-</b> 022-62102000 <a href="http://www.ummeed.org">www.ummeed.org</a>	6B - 6C Trust House 6th Floor, Dr. E Borges Road Near Global Hospital Parel, Mumbai 400 012
<b>Vallabhdas Dagra Indian Society for Mentally Challenged</b> ☎ 022-28892409, 28888677 <a href="mailto:VDISMR@YAHOO.CO.IN">VDISMR@YAHOO.CO.IN</a> <a href="http://www.vdis.org">www.vdis.org</a>	V. D. Indian Society for mentally Retarded, Station Road, Malad Road, Malad West, Mumbai- 400064. Certificate Course On 'Educational Remedies for Intellectually Challenged' In affiliation with Dr.D.Y. Patil University & College, Navi Mumbai
<b>Vidya Sagar</b> ☎ 98400-35203, 75501-40387 <a href="mailto:hrd@vidyasagar.co.in">hrd@vidyasagar.co.in</a> <a href="http://www.vidyasagar.co.in">http://www.vidyasagar.co.in</a>	1, Ranjith Road, Kotturpuram, Chennai – 600 085 B.Ed. in Special Education, 2 year, full time.
<b>Yashwantrao Chavan Maharashtra Open University (YCMOU)</b> ☎ 022-253 2231714, 2532231715 <a href="mailto:info@ycmou.ac.in">info@ycmou.ac.in</a> ycmou.ac.in	School of Education, YCMOU DnyanGangotri, Near Gangapur Dam Nashik-422222 B.Ed.Spl.Ed.

### Bangalore-080

<b>Dada Amar Rehabilitation Centre</b> ☎ 080-23344417	84/85, 2nd Main Road, Seshadripuram, Bangalore – 560020
<b>International Agency for Rehabilitation</b> ☎ 080-28603738	60, 5th Cross, Pantharapalya, Nayandehalli Post, Mystore Road, Bangalore - 560039.
<b>Kutumba</b> ☎ 080-25452749	26/5, Heerachand Layout, Cox Town, Bangalore – 560005
<b>Karnataka Parents Association for Mentally Retarded Citizens (KPAMRC)</b> ☎ 080-26631608	AMH compound, off Hosur Road, Near Kidwadi Hospital, Bangalore- 5600029 (One year diploma with specialization in mental retardation, autism& LD)

## **C. Support Groups**

Support Groups have very strongly emerged on the therapeutic scene. In support group meetings, people with disabilities, family friends and well-wishers come together and lend support to each other in overcoming the disability. Here, members share their experiences, feelings, interest and aspirations. Members encourage and motivate each other. The general atmosphere is of warmth, support and acceptance. This facilitating scene fosters positive change in the member. They discover that they are not alone and their problems are not unique.

With the advent of technology and its widespread use there is an emergence of online support groups. These SGs have brought people with disabilities together and connected them in a big way. Various resource websites, online support groups, online forums, blogs created by person with disability themselves and also by their parents, siblings, teachers, therapists are proved to be very beneficial and empowering them.

**Most important message is**

**“The problems can be overcome!”**

**&**

**“Self-help is the best help.”**

**Support Groups/ Facilitators /Co-Ordinators /Parent Associations**

**Mental Retardation**

**Mumbai (022)**

• **PODS : Parents of Down's Syndrome** ☎ 26343530, 26301393, 9820611684  
A-3, Kherwadi Housing Society, R T O Road, Near Four Bungalows, Andheri (W),  
Mumbai 400053 [www.podsindia.org](http://www.podsindia.org)

• **Dr. H. T. Dholakia**, Advisor- Parivaar: National Confederation for Parents  
Association for Persons with Intellectual Disability, Autism, C P & Multiple  
Disabilities. ☎ 9819964789

**Pune(020)**

• **Umed Pariwar** (Parents Association of Mentally handicapped & Cerebral Palsy  
Persons) Gat no. 949, Wadaki Village, Near Foothills of Kanifnath Temple,  
Hadapsar-Saswad Road, Pune 412308  
☎ 9822030093, 9850045456 [www.umedpariwar.org](http://www.umedpariwar.org)

• **Bhal Korgaokar** ☎ 020-25468082, 9881155621  
**Cdr. Srirang Bijoor**- Member - Parivaar :National Confederation for Parents  
Association for Persons with Intellectual Disability, Autism, C P & Multiple  
Disabilities ☎ 7387625555

**Nagpur(0712)**

• **Sweekar**, Association of parents of Mentally Challenged, Autistic, C.P.  
M.D. children.  
9, Kasturba Bhavan, 349/2, Bajaj Nagar, Nagpur-440010. ☎ 0712-2225766

### **Bangalore (080)**

**J.P. Gadkari**, President, Parivaar

C/o. KPAMRC, AMC Compound, Off :Hosur Road; Near Kiowai Memorial,  
Bangalore – 560029 ☎26563267, 9844043996 [www.parivaarnfpa.org](http://www.parivaarnfpa.org)

### **Delhi (011)**

**Muskaan-** Parents Association for the Welfare of the children with Mental  
handicap, Sector B, Pocket 2, Vasant Kunj, New Delhi – 110070 ☎11-41761873 /  
41761874 [www.muskaan-delhi.com](http://www.muskaan-delhi.com)

**Shri. Anil Joshi**-Founder Member-Parivaar, Board Member- National Trust,  
Program Director, Human Ability & Accessibility -IBM Research ☎09818830940

## **Cerebral Palsy**

### **Autism**

#### **Mumbai (022)**

**Forum for Autism(FFA)** ☎ 080808 09116 [www.forumforautism.org](http://www.forumforautism.org)

**SAI- Support for Autistic Individuals** ☎022 2642 6088

**Samarpan (Sopan Trust)** ☎ 65043998

**Ummeed** ☎65528310/23002006/265564054

**Pune - Sunita Lele** ☎09822028015

**Aurangabad - Aarambh- Ambika Takalkar** ☎08275284178/09145381228

#### **Delhi (011)**

**Action For Autism** ☎11- 4054 0991, 11 4054 0992, 65347422, 40540991/92

**Bangalore(080)** [www.a4autismb4bangalore.com](http://www.a4autismb4bangalore.com)

This website lists, centres started by parents & other resource centres in Bangalore.  
[www.parentingautismindia.com](http://www.parentingautismindia.com) Started by a parent of a child with autism, this  
website shares resources like books, games, apps, informative websites, blogs,  
handpicked products etc.

**ADHD Forum** ☎09821074032

## Orthopedic Handicap

**Avdhoot Rane** ☎022- 23515665 **Geeta Castelino**-geetacastelino@gmail.com

## Visual Impairment

**Mumbai -Neha Pawaskar -** ☎09821584436  
**Parimala Bhat** ☎09821770225 / 09987114680  
**Nidhi Goyal** ☎ 9820529792  
**Kanchan Pamnani** ☎ 9022029126  
**Nagpur-Rajesh Asudani** ☎09420397185

## Hearing Impairment

**Bombay Foundation of Deaf women (Rehabilitation Centre for Deaf Women)**  
103, Sona Shopping Centre, Tikamdas Road, PVR Compound, Near Kandivali  
Railway Station (W), Mumbai-400067 ☎9969195449  
<http://bfdw1983.com>

**Smita Abhyankar** ☎022- 26142774, 09969266697  
**Asha Thatte** ☎24462698, 24448215

**VConnect Foundation-** R-7, Cusrow Baug, Shahid Bhagat Singh Road,  
Mumbai 400001  
☎09820409019 [www.vconnectfoundation.org](http://www.vconnectfoundation.org)

## Epilepsy

### **SAMMAN Association (Indian Epilepsy Association, Bombay Chapter)**

c/o ADAPT( Formerly Spastics Society of India,1st Floor, K.C. Marg, In front of Hotel Rang Sharda, Near Lilavati Hospital, Bandra Reclamation, Bandra, Mumbai-400050. Office Timing- Mon-Fri 9 to 1pm,

SG meetings every 2nd and 4th Saturday 2.30- 4.30 p.m.

Contact-☎ 91 9820902143, Carol D'Souza ☎91 9819029338  
sammanassociation@gmail.com

Website - **www.epilepsymumbai.org**, Blog - **ecellin.wordpress.com**

**EN 1 NEURO** - D-510, Kanakia Zillion,Near Kurla Bus Depot,LBS Road,  
Mumbai-400070 ☎022-26549915/16, 9869408377 [www.en1neuro.com](http://www.en1neuro.com)

**Epilepsy Foundation** C/o Surya Neuro Centre, 310/33 A, Lotus House, Marine Lines, Mumbai - 400020☎022 6757 0111, 22001180

[www.epilepsyfoundationindia.com](http://www.epilepsyfoundationindia.com)

**UTTEJAN - Thane Institute for psychological Health(IPH),**  
Shree Ganesh Darshan, LBS Marg,  
Between Hari Niwas and 3 Petrol Pumps,Naupada, Thane West.  
SG meetings 1st Sunday of the month at 4 p.m.  
Mrunalini Palshikar (☎91 9820451916 )  
**E-mail** : drmrunalini.palshikar@gmail.com ,  
Alpa Chande (☎91 9820969210 )

**PROTSAHAN - Dombivli**

Contact Dr. Adwait Padhye ☎91 9820235518 ,  
Dr.Mansi A. Kulkarni ☎91 9820609535, Dr. Geeta Mondkar ☎91 9821351588

**SANVEDANA - Pune****Epilepsy Counseling Centre**

Niwara Old-Age Home, Near S.M. Joshi Hall, Navi Peth,Pune - 411030  
Every Tuesday 4.30 pm to 7.30 pm by appointment  
Yashoda Wakankar ☎91 9822008035, Radhika Deshpande ☎91 9850887644  
Sanvedana also runs a Marriage Bureau. Mr. Mohan Phatak ☎91 8983632893

**Nityaasha- Pune**

401, 4th Floor, Choice “A” Apartment, Opposite Ruby Hall Clinic, Pune-411001. ☎020 6522 7999 / 4121 6222 <http://www.nityaasha.org>

**SAMVAAD - Nagpur**

Contact - Dr. Poornima Karandikar ☎91 9372512142  
<https://www.facebook.com/epilepsy.samvaad>

**SAMMAN - Indore**

Mangesh Neuro Centre, 1, Kanchan Baugh, Indore 452001, M.P.  
Contact - Dr. Mrs. Vrushali Nadkarni ☎91 9826020232 **Email** -  
vrushalinadkarni@yahooin.com

**Epilepsy Support Group - Aurangabad**

Contact - Dr. Vijay Pathade ☎91 9049070365

**Epilepsy Support Group - Sholapur**

Contact - Dr. Valsangkar ☎91 9823900112 / +91 9823296871

**Ekatwam, Delhi**

contact@ekatwam.org, [www.ekatwam.org](http://www.ekatwam.org)

**Dr. Bindu Menon Foundation, Andhra Pradesh**

Axon Neuro & Rehab Care D No.16-7-129, 2nd street, Ramamurthi Nagar,  
Nellore, Andhra Pradesh. ☎08612350350, 9676037037

**Email-** bindu.epilepsycare@gmail.com www.drbindumenon.com

**For Epilepsy Surgery**

**1) Epilepsy Surgery & Support Group - Thiruvananthapuram** R. Madhavan  
Nayar Centre for Comprehensive Epilepsy Care, Sree Chitra Tirunal Institute for  
Medical Sciences & technology (SCTIMST), Tiruvananthapuram 695011.

Dr.D. Jayachandran - 0471-2524282 Email-cec@sctimst.ac.in www.sctimst.ac.in

**2) KEM Hospital,** Seth GS Medical College, Mumbai  
Acharya Donde Marge, Parel, Mumbai 40012 India. ☎ 91-22-2410 7000

**For Ketogenic Diet**

**Dr.Janak Nathan** - Sanjiv Clinic

☎ 22- 24459414 E Mail- janak.nathan@gmail.com, www.ketogenicdietindia.org

**Fragile X**

Shalini Kedia ☎09867573763

**Muscular Dystrophy**

**Mumbai**

**Sharayu Ghadi** ☎09892455007 **Prasad Phanasgaokar** ☎09821501718

**Spinal Cord Injury**

**Mumbai- Nina Foundation**

**Ketna Mehta** ☎09769680820, 022-24094319, 022-24071952

[www.ninafoundation.org](http://www.ninafoundation.org)

## D. Marriage Bureau/websites

An initiative of Bharat Matrimony, **Ability Matrimony** is an exclusive matrimony portal for people with special needs. [www.abilitymatrimony.com](http://www.abilitymatrimony.com)

**iMilap.com** is a one stop source for Indian Matrimonial services specifically catering to people with disabilities or second marriage. ☎9871658859, WhatsApp only +14254432067  
Email us at [support@imilap.com](mailto:support@imilap.com)

**Inclov-** A **matchmaking app** for people with disability & health issues to find a life partner.  
[www.inclov.com](http://www.inclov.com)

**Swayamvar Matrimony :** <http://www.onlinehandicappedmatrimonial.com>  
☎022 24316383, 022 24316384 ☎8692845959, 9869771036  
Vijay Nagar Bldg., Room No.131,4th Floor, Above Kamat Hotel,Opp. Dadar Rly Station,  
Dadar West, Mumbai 400028 **Time-**10.00 am to 8.00pm **Wednesday Closed**

**Sanvedana** –Epilepsy Support Group, Pune. They have a Marriage Bureau & provide marital counseling for People with epilepsy.  
Yashoda Wakankar ☎9822008035 <http://epilepsysupport.aarogya.com/sanvedana>

**The following Centres provide Marital Counselling in Mumbai.**

- **Disha Counselling Centre**  
☎022- 24384575  
[www.dishaforu.com](http://www.dishaforu.com)
- **Harmony Centre**  
☎9820095235, 9821368543  
[www.harmonycounsellor.org](http://www.harmonycounsellor.org)
- **Institute for Psychological Health (IPH)**  
☎22 2543 3270 / 2536 6577 / 2542 8183  
[www.healthymind.org](http://www.healthymind.org)
- **Mann Centre- Mahalaxmi**  
☎022-23513940/2390
- **Mann Centre- Bandra**  
☎022-26512558/2559

## E. Life Care Centres /Residential Homes

<b>Adhar</b> ☎2512910303/106, 8605014533 ☎(02553) 204002, 8605014540/43 <a href="mailto:contact@adhar.org">contact@adhar.org</a> <a href="http://www.adhar.org">www.adhar.org</a>  ☎ 08605014535	Thakurwadi, Mulgaon,Post chargaon Village, Badalapur,Dist. Thane(W)- 421503 Nashik Unit: Gat No. 286, Village Pimpalgaon (Dukra) Ghoti - Sinner Road, Sakur Phata,Behind Indian Oil Petol Pump, Tal. - Igatpuri, Dist. – Nashik Gat No. 286, Ghoti sinnar Road Sukur Phata, Behind India oil Perral Pump, Pimpalgaan (Dhukra), Igatpur, Jilha-Nasik.
<b>Adya Akshar</b> ☎9226304640, 9769992605 <a href="mailto:aksharspecialschool@gmail.com">aksharspecialschool@gmail.com</a> <a href="http://www.adyaaksharspecialschool.com">www.adyaaksharspecialschool.com</a>	Bungalow No. 87, RSC-2, Jankidevi School Road ,SVP Nagar, MHADA, Andheri (W), Mumbai-400058.
<b>Andhakshi Ashram (Residential Home for  needy &amp; destitute Blind women)</b> ☎26422670, 26423179 Nashik: (02553) 204002, 8605014540/43 <a href="mailto:andhakshi@hotmail.com">andhakshi@hotmail.com</a> <a href="http://www.andhakshi.org">www.andhakshi.org</a>	37, Gilbert Hill Road, Ahead of Andheri Recreation Club, Near Bhavan's College, Andheri (W), Mumbai- 400058
<b>Alfaa- Assisted Living For Autistic Adults</b> ☎9986029040 rubysingh_india[at]yahoo[dot]co[dot]in <a href="http://www.alfaa.org">www.alfaa.org</a>	No 9, Omega Avenue, Mathrushree Layout, TC Palya, KR Puram, Bangalore, Karnataka - 560007
<b>Anmol Residential School</b> ☎093288 21524 , 09825604766, 09328821526 <a href="http://www.facebook.com/anmolschool2013">www.facebook.com/anmolschool2013</a>	At Lilora PO Jarod.Tal Waghodia, Dist :Vadodara, Gujarat 391510
<b>Ananda (Project of Action for Autism)</b> ☎011-40540991, 011-40540992 <a href="mailto:actionforautism@gmail.com">actionforautism@gmail.com</a> <a href="http://www.autism-india.org">www.autism-india.org</a>	The National Centre for AutismPocket 7 & 8, Jasola ViharNew Delhi 110 025.
<b>Anand Balgruha(for Girls)</b> ☎27466618	Flat no- 35/36, Kalpraj Row House, Khada Colony, New Panvel- 35

<b>Arvind Saurabh</b> (Project of Umed Pariwar), Pune ☎ 9890092958, 9822030093 <a href="http://www.umedpariwar.org/arvind-saurabh.php">www.umedpariwar.org/arvind-saurabh.php</a>	Gate No. 949, Wadaki Village, near Kanifnath Temple, Hadapsar Saswad Road, Pune - 412308
<b>Arunima Assisted Living Centre</b> ☎ 8859046829 aparnajacob@projectarunima.org <a href="http://www.projectarunima.org">www.projectarunima.org</a>	Office and Training Center: 15, Sahastradhara Enclave, Sahastradhara Road, Dehradun- 248001
<b>Astitva (Hostel)</b> ☎ +91 251 2471358 <a href="http://www.astitvaschool.com">www.astitvaschool.com</a>	8A,MIDC, Thane, Dombivali (E),421 203
<b>Autism Ashram</b> ☎ 098498 84321 <a href="mailto:autisticsociety@gmail.com">autisticsociety@gmail.com</a> <a href="http://www.care4autism.in">www.care4autism.in</a>	Kesavaram Village , Shamirpet Mandal, Kolthur Road, Ranga Reddy Dist, Greater Hyderabad- 514200
<b>Beru Matimand Pratishthan</b> ☎ 7350640123, 9822558641 ☎ 9921102233, 9881241310 <a href="mailto:berump123@rediffmail.com">berump123@rediffmail.com</a> <a href="http://www.berumatimandpratishthan.com">www.berumatimandpratishthan.com</a>	Barvi Dam Road, Rahtoli Village, Badlapur (West),Tal: Ambernath, Dist: Thane- 421504.
<b>Bharari Apangalay</b> ☎ 0251-2444401,0251-2453063, 09869129227 <a href="http://www.bharari.org">www.bharari.org</a>	Saidhara Towers, Near Vidya Niketan School, Opp. Premier Company, Manpada-Mangaon, Dombivli (East).
<b>Bhumika foundation</b> ☎ 7506757788/ 9833784373 <a href="mailto:support@bhumikafoundation.org">support@bhumikafoundation.org</a> <a href="http://bhumikafoundation.org">http://bhumikafoundation.org</a>	Village-Kolwadi, Panvel – Walap road, Opp. Sanjay Gandhi Smarak High School, Post- Padghe, Taluka- Panvel, Dist- Raigad. Pin code: 410206. Maharashtra.
<b>Cheshire Home for Paraplegic adults</b> ☎ 022- 28324515	Betheihem House, Mahakali Road, Andheri(E), Mumbai- 400093
<b>Friends of Camphill India, Bangalore</b> ☎ 080- 27828571/9243610712 <a href="mailto:campindia@hotmail.com">campindia@hotmail.com</a> <a href="http://www.friendsofcamphillindia.in">http://www.friendsofcamphillindia.in</a>	19th km, Bannerghatta Road, Aryajana Seva TrustCompound, Next to Ryan International School, Bangalore - 560 083
<b>Gharkul by Ameya Palak Sanghatana</b> ☎ 0251-2475054.	Near Taloja Road, Khoni

<b>Jeevan Jyot Vasatigraha</b> <b>(Hostel for the Mentally Retarded Girls &amp; Boys), Pune</b> ☎020-25446258, 25463259 jjmpune@gmail.com <a href="http://www.jeevanjyotmandalpune.org">www.jeevanjyotmandalpune.org</a>	Plot No. 62, Tarate Colony, Karve Road, Pune-411 004, India.
<b>Manovikas Independent Living Centre</b> ☎9911107772	60A, Radhey Puri Extn-I, Delhi-110051,
<b>M.N.B. Industrial Home for the Blind</b> ☎022-26791487	CHATEAU DIEU, 280, S.V. ROAD, JOGESHWARI-WEST, Mumbai
<b>Mancherji Banaji Industrial Home For The Blind</b> ☎022- 26793688, 26791487	280, Opp Malcolm Baug, S V Road, Jogeshwari West, Mumbai – 400102
<b>Marian House of Charity</b> ☎022-6266320	Near Our Lady of Health Church, Versova, Andheri (W), Mumbai 400061
<b>Nav Kshitij, Pune.</b> ☎ 020- 22933435/ 09850092195 navkshitij.aswali@gmail.com <a href="http://www.navkshitij.org">www.navkshitij.org</a>	Next to Zilla Parishad School, Marunji, Off Hinjewadi, Pune – 411057
<b>Nirdhar Pratishthan</b> ☎7387625555, 9096642740 <a href="mailto:info@nirdharprati.org">info@nirdharprati.org</a> <a href="http://www.nirdharprati.org">www.nirdharprati.org</a>	Plot No. 62, Tarate Colony, Karve Road, Pune-411 004, India.
<b>NAB –National Association for blind</b> ☎ 022- 24988134 <a href="mailto:hsg@nabindia.info">hsg@nabindia.info</a> <a href="http://www.nabindia.org">www.nabindia.org</a>	11, Khan Abdul Gaffar Khan Road, Worli Seaface, Mumbai 400030
<b>NAWPH Residential School for the Blind</b> ☎721-2663016, 2550675	Near SGB Amravati University, Mardi Road, Camp, Amravati
<b>NAWPH Nagpur office</b> ☎ 712-6464348, 2249152 <a href="http://www.nawphindia.org">www.nawphindia.org</a>	Near Parate Ley-out, Behind Juni Vasti, Sonegaon, Nagpur-25
<b>Nirdhar Pratishthan</b> ☎8806830170, 9096642740 <a href="mailto:info@nirdharprati.org">info@nirdharprati.org</a> <a href="http://www.nirdharprati.org">www.nirdharprati.org</a>	Village Tokare kaner (Virar), Taluka Vasai, Dist – Thane 401303
<b>Paripri – Assisted Living for Adults with Autism (Behavior Momentum India Project)</b> ☎9900096529	A-56, Sector-16, Noida, Delhi- NCR 201301.

<b>Rashtriya Drushtihin Shikshan &amp; Punarvasan Sanstha</b> ☎0712 2042313, 2747597	C/o Smt Anjanabai Dhote Industrial Training Institute, Manewada, Ring Road, LIG Colony, NAGPUR-400 027
<b>Rusi Irani Centre (managed by Jai Vakeel School for children in need of special care)</b> ☎253-2493838	H\no 41, Deolali, Lam Road, Deolali Camp, Nashik-422401 Saibaba Sevadham Tal-Maval, Jilha-Pune, Kanhe- 412106
<b>Savali</b> ☎020-25282379, 020-25280297 <a href="mailto:presidentsavali@gmail.com">presidentsavali@gmail.com</a> , <a href="http://www.savallimrcp.org">www.savallimrcp.org</a>	Plot No 13, S no 78, Left Bhusari colony, Paud Road, Kothrud, Pune 411038.
<b>Saanidhaanam</b> ☎ 9820119354/9323196610	22/23 Goodwill, Swastik Estate, 178 CST Road, Kalina, Santacruz (E) Mumbai – 400098
<b>Sadhna Village, Pune.</b> ☎020 2538 0792, 2538 1112, 98505 89088, 96899 17060 / 61 / 62 / 63 <a href="mailto:adm@sadhana-village.org">adm@sadhana-village.org</a> <a href="http://www.sadhana-village.org">www.sadhana-village.org</a>	Priyankit, Lokmanya Colony, Opp. Vanaz, Paud Road, Pune 411 038

<b>Sangopita</b> ☎0982252819, 09867645469 <a href="mailto:info@sangopita.org">info@sangopita.org</a> <a href="http://www.sangopita.org">www.sangopita.org</a>	Bendshil, Kharwai-Kondeshwar Rd., Badlapur (E), Thane.
<b>Sanjan Home by Dikhush Welfare Society</b> ☎9820237823, 9820271003 <a href="mailto:contact@sanjanhome.org">contact@sanjanhome.org</a> <a href="http://www.sanjanhome.org">www.sanjanhome.org</a>	Mazda Phase – II, Varoli Khadi, Tembhi Village, Sanjan, Tal. Umergaon, Dist. Valsad, Gujarat – 396150.
<b>Sanjeevan Deep</b> ☎24071671 / 24033669, 9223549042	T-1, Old Barracks of L.T.M.G. Hospital, Next to V.G.P. Showroom, Sion, Mumbai 400022.
<b>Sanjeevan Deep-Navi Mumbai</b> <a href="mailto:paraplegicfoundation@yahoo.com">paraplegicfoundation@yahoo.com</a> <a href="http://www.paraplegicfoundation.in">www.paraplegicfoundation.in</a>	Plot No.4, Sector 18, Near Mulund-Airoli Link Flyover, Airoli, Navi Mumbai 400708
<b>SAAD, Pune</b>	Narayanpur, near Pune.
<b>Samarthanam Trust for the Disabled</b> ☎9821109632 <a href="mailto:info@samarthanam.org">info@samarthanam.org</a> <a href="http://www.samarthanam.org">www.samarthanam.org</a>	B Wing, 302, 3rd Floor, Mangalya Society, Maroshi Road, Opp. Marol Fire Brigade, Near SBI Marol, Andheri East, Mumbai-400059

<b>Santosh Institute For Mentally Challenged Children</b> ☎ 022 26510716, 9320687976, 8422906604	Two Residential Centres at Bandra and Kandivali
<b>Sharan</b> ☎ 22 27801744, 22 27801849, 22 27800454 vashisharan@gmail.com, <a href="http://www.sharan.org.in">www.sharan.org.in</a>	Kamala Raheja Home for senior citizens / Paraplegics – Plot no- 52, Sector 9A, Vashi, Navi Mumbai – 400093
<b>Saksham</b> ☎ 011-42411015, 011-45793601, 011- 26162707 <a href="mailto:info@saksham.org">info@saksham.org</a> <a href="http://www.saksham.org">www.saksham.org</a>	Saksham Trust, 486 Double Storey, New Rajinder Nagar, New Delhi – 110 060
<b>SEC Centre for Independent Living</b> ☎ 02114 62307 <a href="mailto:secagripada@gmail.com">secagripada@gmail.com</a> <a href="http://www.sec-india.org">www.sec-india.org</a>	Sai Baba Seva Dham, Kanhe Phata, Taluka- Maval, Dist-Pune
<b>Sanmitra Shikshan Mandal's Residential Home For MR</b> ☎ 020-275051846, 27011289	Lonikand, Haveli, Pune
<b>Sweekar Ashiyana</b> ☎ 0712-22839570	75,Narkesari Layout, Jaiprakash Nagar, Nagpur- 440025.
<b>Tithlee Foundation, Phulpakharu Project</b> ☎ 9664528865 <a href="mailto:tithleefoundation@gmail.com">tithleefoundation@gmail.com</a>	Chopda Yawal Road, Chopda, Pargaon, Maharashtra 425302
<b>Vision Institute</b> ☎ 9833815215/8108240005	C/701, Subh Sarita Building, Krishna Nagar, Borivali East Mumbai- 400066

## F. Special Shops/Library/Bookstores

### To Buy & Repairs of Mobility, Vision & Hearing Aids

#### Physical Handicap

<b>Artificial Limbs Manufacturing Corporation (ALIMCO)</b> ☎ 91-512-2770172, 2770897, 2770817 alimco@alimco.in <a href="http://www.artlimbs.com">www.artlimbs.com</a>	Grand Trunk road, Kanpur-208016 Govt. company having 36 limb fitting centers, 152 implementing agencies to provide aids and appliances
<b>National Resources Centre for Inclusion ( Formerly Spastics Society of India)</b> ☎ 26443666/88/ 26430704 <a href="http://www.adaptssi.org">www.adaptssi.org</a>	K.C. Marg, Bandra Reclamation, Bandra(W), Mumbai – 400050
<b>The Children's Orthopedic Hospital (COH)</b> ☎ 1860 208 0208	Haji Ali Park, Opp. Willingdon Sports Club Clarke Road, Tulsiwadi, Mahalaxmi, Mumbai 400034
<b>Vissco Rehabilitation Aids Pvt. Ltd.</b> ☎ 022 2204 9500, 0091 22 43330400 Help Line - 00921 22 43330444 customer@vissco.com <a href="http://www.visscoindia.com">www.visscoindia.com</a>	301,302 Bussa Ind. Estate; Century Bazar Lane Prabhadevi, Mumbai-400025

#### Visual Impairment

<b>Baliwala &amp; Homi (For Low Vision Aids)</b> ☎ 022-43325500, 022- 22014906 baliwallahomi@gmail.com <a href="http://www.baliwallaandhomi.com">www.baliwallaandhomi.com</a>	614, Jaganath Shankar Seth Marg, Dhobi Talo, Mumbai 400002
<b>Nab Louis Braille Memorial Centre</b> ☎ 022 2498 8134 contactus@nabindia.info <a href="http://www.nabindia.org">www.nabindia.org</a>	Department of Employment, 2nd Floor, 11 / 12, Khan Abdul Gaffar Road, Worli Seaface, Mumbai - 400 025

## Hearing Impairment

<b>All Yavar Jung National Institute for Hearing Handicapped</b> ☎022 -2640 0215/0228 <a href="http://ayjnihh.nic.in">ayjnihh.nic.in</a>	K C Marg Reclamation, Mumbai, Mumbai suburban, Maharashtra 400050
<b>Arphi Electronics Pvt.ltd</b> ☎22-2437 4178, 2430 9376, 2431 3849 <a href="mailto:info@arphi.com">info@arphi.com</a> <a href="http://www.arphi.com">www.arphi.com</a>	205, Prabhadevi Industrial Estate, Veer Savarkar Marg, Prabhadevi, Mumbai - 400 025.

## Library

<b>British Council Library</b> ☎0120-4569000, 0120- 6684353 <a href="http://www.library.britishcouncil.org.in">www.library.britishcouncil.org.in</a>	901 Tower 1, One India Bulls Center, S.B.Road, Elphinstone Road, Mumbai- 400013
<b>Forum for Autism</b> ☎080808 09116, 9029018100 <a href="mailto:forumforautism@gmail.com">forumforautism@gmail.com</a> <a href="http://www.forumforautism.org">www.forumforautism.org</a>	Ground floor, Sorab House, off Colaba causeway, Mumbai- 400005
<b>HELP- Helth Education Library for People</b> ☎22-65952393, 65 95 23 94 <a href="mailto:helplibrary@gmail.com">helplibrary@gmail.com</a> <a href="http://www.healthlibrary.com">www.healthlibrary.com</a>	Ashish, 5 <sup>th</sup> Floor, Tardeo end of Bombay Central Bridge, Mumbai-400034.
<b>NAB- Reference Library</b> ☎24935365 / 24936930 / 24945822 <a href="mailto:contactus@nabindia.info">contactus@nabindia.info</a> <a href="http://www.nabindia.org">www.nabindia.org</a>	Rustom Alpawalla Complex, 124-127 Cotton Depot, Near Reay Road Railway Station, Cotton Green, Mumbai- 400033

**Sugamya Pustakaya** – is India 's first and largest collection of accessible books for the blind, people with low vision or to persons with any other print disability. One can access books in diverse languages from various libraries across India. Sugamya Pustakaya has partnered with international agencies like Bookshare and Accessible Books Consortium to provide accessible books from all over the world. Users can access a collection of over 3, 28,900 books, maintain their individual reading shelves online and also download books in chosen formats.

c/o **The DAISY Forum of India**

486 Double Storey, New Rajinder Nagar, New Delhi - 110 060. ☎ 1800 300 20469 (Toll free), +91-11-42411015    [www.library.daisyindia.org](http://www.library.daisyindia.org)

### **Educational Toys**

<b>Children's Toy Foundation</b> ☎ 22820687, 9987754555, 9167769557 <a href="http://www.childrentoyfoundation.org">www.childrentoyfoundation.org</a>	C/O R.Desai & Co, Modern House, 11 Dr. V.B.Gandhi Road, Lane adjoining Rhythm House, Fort, Mumbai-400023.
<b>J. Dutta and Co.</b> <b>(Speciality- Montessori material)</b> ☎ 022-38537156, 24224012, 9967767302	Hedvekar Wadi, Near Mhatre Plastics, Dadar(W), Mumbai- 400028
<b>Vardhaman I. Q. Toys</b> ☎ 7718883488, 9594973766, 22- 22070770	49 / 50, 1st Floor, Empire Building, 146, D.N.Road, Above McDonald Restaurant, Fort, Mumbai - 400 001.
<b>Treasure Island –Educational &amp; Play material</b> ☎ 020-65004083, 65004837, 9272528614, 9833942537	No. 32, A wing, Ground Floor, KPCT Mall, Fatima Nagar, Wanowrie, Pune-411013.

### **Book Stores**

<b>Crossword &amp; branches across Mumbai</b> ☎022-23842001 <a href="mailto:estore@crossword.in">estore@crossword.in</a> <a href="http://www.crossword.in">www.crossword.in</a>	Ground Floor, Mohd Bhai Mansion, Below Flyover, Kemps Corner, Mumbai 400036
<b>Granth- The Bookshop</b> ☎022- 2876-8585/8989 <a href="mailto:Info.juhu@granth.com">Info.juhu@granth.com</a> <a href="http://www.granth.com">www.granth.com</a>	126, Citi Centre, Centre, S.V. Road, Goregaon(W), Mumbai – 400062
<b>Ideal Book Company(For Marathi Books)</b> ☎022- 24302126/3335	Narayan Smruti, near Dadar Station, Dadar(W), Mumbai -400028

**Online Portals like Amazon, Flipkart , Snapdeal , Myntra etc. provide books dealing with disability & related subjects.**

## G. Accessibility

In simple words, accessibility means capable of being reached, obtainable and easy to approach. In other words- Creating a Barrier Free Environment. According to our 'The rights of People with Disability Act' provisions are to be made to create a barrier free environment for all persons with disability to encourage them to be fully participating members of the society. A person with disability has an equal right to access. Access leads to Inclusion.

Accessibility is a matter of right. Many disability organisations are actively taking up this specific cause. Accessibility audits of public places are being done by them to ensure equal participation of the person with disability in the mainstream society.



### Accessible India Campaign

Department of Empowerment of Persons with Disabilities (DEPwD) has launched Accessible India Campaign (Sugamya Bharat Abhiyan) as a nation-wide Campaign for achieving universal accessibility for Persons with Disabilities (PwDs).

#### This campaign has Three Components:

- 1) Built Environment Accessibility**-An accessible physical environment benefits everyone, not just persons with disabilities. Measures should be undertaken to eliminate obstacles and barriers to indoor and outdoor facilities including schools, medical facilities, and workplaces. These would include not only buildings, but also footpaths, curb cuts, and obstacles that block the flow of pedestrian traffic.
- 2) Transportation System Accessibility** - Transportation is a vital component for independent living and be in the mainstream of society. PwDs rely on transportation facilities to move from one place to another. Transportation covers a number of areas including air travel, road travel, buses, taxis, and trains.

**3) Information & Communication Eco System Accessibility**-Access to information creates opportunities for everyone in society. Access to information refers to all information. People use information in many forms to make decisions about their daily lives from reading price tags, to physically enter a hall, to participate in an event, to read a pamphlet with healthcare information, to understand a train timetable, or to view webpages. No longer should societal barriers of infrastructure, and inaccessible formats stand in the way of obtaining and utilizing information in daily life. (Source-<http://accessibleindia.gov.in>)

**Assistive Technology (AT)** plays a major role in Accessibility. AT is an umbrella term that includes assistive, adaptive, and rehabilitative devices for people with disabilities and also includes the process used in selecting, locating, and using them. Due to assistive technology, people with disabilities have an opportunity of a more positive and easygoing lifestyle, with an increase in social participation, security and control.

### **Organisations working in the field of Accessibility**

There are some pioneer organisations who are working towards making the physical environment -accessible where as some organisations strive hard to bring in changes in the information & communication formats to make them accessible. These organisations conduct access audits to the built environment as well as official documents etc. to ensure that they are accessible.

**1-Access Ability by Shivani Gupta**- With their motto 'Access = Ability', they believe that an inclusive environment significantly contributes towards making a better tomorrow for all.  
[www.accessability.co.in](http://www.accessability.co.in)

**2-Barrier Break** founded by **Ms.Shilpi Kapoor** is one such organization in Mumbai which specializes in accessibility consulting and assistive technology to empower people with disabilities. They conduct accessibility testing, prepare accessible documents, accessible media&impart accessibility training. And to meet this purpose, Barrier Break makes available aids and devices that can assist a person with low vision or a person who is blind or for a person with mobility or learning impairment in schools, colleges, home and workplace.

Office No. 102, Highway Commercial Complex, IB Patel Road, Opposite Laghu Udyog Industrial Estate, Goregaon (E), Mumbai - 400063

☎ 022- 2686 0485-87, 022- 2686 0489-90 [hr@barrierbreak.com](mailto:hr@barrierbreak.com), [www.barrierbreak.com](http://www.barrierbreak.com)

**3-Karishma Enterprises** headed by **Mr. Ram Agarwal** who has been instrumental in educating the Indian blind community of the benefits of assistive technology devices and inculcates a new found confidence among them that they can also learn and earn.

30, Maker Arcade, Ground Floor, Near World Trade Centre, Cuffe Parade, Mumbai – 400005. ☎ 022-22181853, 22153291. Mobile & WhatsApp: 09321539290. [contact@KarishmaEnterprises.com](mailto:contact@KarishmaEnterprises.com), [www.karishmaenterprises.com](http://www.karishmaenterprises.com)

**4-NuK Healthcare** founded by **Mr. Nitin Katre** provides a wide range of Manual and Electronic Wheelchairs, Orthotics products and wide variety of rehab products.

Shop No. 12, Sonal Apartments, Bldg No 2, Sonawala Cross Road no 1, Opp. SBI, Goregaon(East), Mumbai-400063. ☎ 022-65259292 **Fax.:** +91-22-26852199

☎ 09869440470/09820207899 [nitin@wheelchairsolution.com](mailto:nitin@wheelchairsolution.com)  
[www.wheelchairsolution.com](http://www.wheelchairsolution.com)

#### **5- Nature Architects & Planners**

E3, Saraswat Colony, Laburnum Rd, Gamdevi, Mumbai: 400007  
[www.nnarchitectsandplanners.wordpress.com](http://www.nnarchitectsandplanners.wordpress.com)

**6- Ferro Equip** headed by **Mr. Ferdinand Rodricks** specializes in **Vehicle Adaptations for CP/ Orthopaedically Handicapped**. Ferro Equip does modification of hundreds of vehicles, and devices a year for people with various disabilities from installing hand controls, wheelchair accessible vehicles, rotary seats, patient hoists, swimming pool hoists, toilet accessories, auxiliary accelerators, customizing wheelchairs, seats for cerebral palsy children etc.

"Mangal Murti" Bungalow, 195/4 & 6, 1st lane after St. Anthony's Church, (Malwani), Lane opp Jari Mari mandir, off Marve Road, Malad (W), Mumbai 400095.

☎ 022-28889574, 9820120556, 9769042026  
[www.handicappedpeople.com](http://www.handicappedpeople.com)

## **For Accessible Commute /Travel & Holidays**

**Access 4 All.** Prabhoo Ghar, 26, Hanuman Cross Road no: 2, Vile Parle (E),  
Mumbai : 400057. [www.access4all.co.in](http://www.access4all.co.in)

**“Ezymov”** India's first **wheelchair taxi Service and Ambulance service in Mumbai for Disabled people.** Ganga Vihar CHS. Office No.3, Trimurti Lane, Sion Chunabhatti,  
Mumbai- 400022. ☎ 022 69000880 [booking@ezymov.com](mailto:booking@ezymov.com)  
[www.ezymov.com](http://www.ezymov.com)

**“Meru Enable”** Wheel chair accessible taxi service for special needs.  
F - 17, 4th Floor, B wing, Pinnacle Business Park, Shanti Nagar, Mahakali Caves  
Road, Andheri (East), Mumbai 400093. ☎ 44224422, 22 40520100 [www.meru.in](http://www.meru.in)

**Mobicab** is a wheelchair accessible cab service based in Mumbai.

☎ 099200 98900. [www.facebook.com/pg/MobicabAccess](https://www.facebook.com/pg/MobicabAccess)

**Samartha Travels- Prasad Phanasmaokar for Car Rentals, Wheelchair Accessible Vans for City & Outstation tours.**

E-1803 Anmol Complex, Off S.V. Rd ,opp Patel Petrolpump, Goregaon(W) Mumbai-  
400062. ☎ 09821501718 [www.samarthatravels.com](http://www.samarthatravels.com)

**Uber Access & Uber Assist** - [www.accessibility.uber.com](http://www.accessibility.uber.com)

**Enable Travel by Cox & King –Holiday Packages for Disabled**

Turner Morrison Building, 16 Bank Street, Fort, Mumbai, Maharashtra 400001  
☎ 1800 266 8002 [www.enabletravel.com](http://www.enabletravel.com)

**Planet Aabled by Neha Arora-** They provide **Accessible Travel Solutions and**  
Leisure Excursions for people with different disabilities. They also provide  
Shopping Assistant/Buddy.

407 Vikas Kunj, Vikas Puri, Delhi, 110018 ☎ 099100 42281  
[travel@planetabled.com](mailto:travel@planetabled.com) [www.planetabled.com](http://www.planetabled.com)

**Umoja Travels Pvt. Ltd. Offers Disable Friendly Holidays & Accessible Holiday Destinations.**

83, Worli Seaface, Outhouse Building, Mumbai-400030.  
☎ 022-33756005 [www.umoja.com](http://www.umoja.com)

## H. Helplines/Directory Services

### Helplines

**ABILINE** by Aarth- Astha. This is a national level cross disability helpline which provides telephonic counseling, referrals & information.

☎ 011-26449026, 26466251 [www.asthaindia.in](http://www.asthaindia.in)

**DISHA :Disability Information Services Helpline & Assistance by ChildRaise**  
**Toll Free No: - 1800-22-1203**

DISHA calls are personally attended and provided guidance on various aspects of disabilities. Callers are counseled and provided with referral services.

**Punarbhava** - National Interactive Portal provides a gateway to information for persons with disability. This portal provides information on procedure for disability certification, legal instruments, RCI programmes etc. Log on to [www.punarbhava.in](http://www.punarbhava.in)

**Ali Yavar Jung National Institute of Speech & Hearing Disabilities (Divyangjan)** has launched statewide helplines.

### **DIL- Disability Information Line**

**Following are the nos.**

☎ Toll free- 1800-22-2014,022-26404019/24/43 for **Maharashtra, Goa, Gujarat & Rajasthan**

☎ Toll free- 1800- 180-4689, 0120-2500920/921/923 for **Delhi, Jammu Kashmir & Punjab**

☎ Toll free- 1800- 233 5956, 0755-2685954/55/56 for **M.P.,Uttar Pradesh & Chattisgarh**

☎ Toll free- 1800-425 9590,040-27959043/63/27959103 for **Andhra Pradesh, Telangana, Tamilnadu, Kerala, Karnataka**

☎ Toll free- 1800-345-5492, 033-25313236/46/25315492 for **West Bengal, Bihar, Sikkim.**

☎ Toll free- 1800-345- 7115, 0674-2460021/31/41 for **Odisha, Jharkhand.**

**For Details Contact:**

☎ (022) 26404019/24/43, 022-26400215/26409176/26400263 [www.ayjnihh.nic.in](http://www.ayjnihh.nic.in)

**Eyeway by Sight Savers, India** ☎ Toll Free- **1800 419 6250**

**Score Foundation-** ☎ Toll Free- **1800 300 20469** People call in with questions regarding education and employment opportunities, mobility, assistive technology, legal rights etc.

**Snehankit Helpline by Parimala Bhat**

☎ 9821770225 /9987114680 [snehankithelpline@gmail.com](mailto:snehankithelpline@gmail.com)  
[www.snehankithelpline.org](http://www.snehankithelpline.org)

**Pearls of Vision by Ummehaani Bagasrawala** helps visually impaired students find writers. ☎ 9619177720 [www.facebook.com/pearlsofvision1](https://www.facebook.com/pearlsofvision1)

**Directory Services****For Pan India Listings****Directory of Institutions for Persons with Intellectual Disabilities**

National Institute for the Empowerment of Persons with Intellectual Disabilities  
(Divyangjan)

(Formerly National Institute for the Mentally Handicapped)

Manovikas Nagar, Secunderabad, Andhra Pradesh-500009.

☎ 040-27751741-45 [www.niepid.nic.in](http://www.niepid.nic.in)

**Mumbai**

**ChildRaise Trust's** A Resource Guide for Children with Special Needs-  
'Journey to Empowerment'

B/9, Jaldevi Niwas, New Karnatak Bldg., Mogal Lane, Matunga Road( W), Mumbai-400016. ☎ 022-24386767, 9820256731, 1800 22 1203. [www.childraise.com](http://www.childraise.com)

**Childline Mumbai Resource Directory** (Refer-Disability Related Services)

406, Sumer Kendra, 4th floor, P. B. Marg, Behind Mahindra Towers, Worli, Mumbai-400 018

☎022-2495 2610, 2495 2611, 2482 1098/ 2490 1098/ 2491 1098

[www.childlineindia.org.in](http://www.childlineindia.org.in)

**Directory of Institutions for the Persons with Disability** (Mumbai-Suburban)

by Special District Social Welfare Office, Mumbai-Suburban, 4th Floor, Administrative Bldg, R.C.Marg, Chembur, Mumbai-400071. ☎25220223.

**Helpline - A Directory of Services for Learning Disabled & Slow Learners**

**By CHILDReach**

c/o Sukant Const. Pvt. Ltd. Maya Grd Floor, 467, 14th Road, Khar (W),

Mumbai - 400052. ☎26496447, 26498006

[http://childreach.co.in/pdf/Helpline\\_edited\\_2013-14.pdf](http://childreach.co.in/pdf/Helpline_edited_2013-14.pdf)

**Ummeed Directory of Services for Children with Developmental Disabilities**

Ground d Floor, Mantri Pride, 1-B, 1/62, N.M. Joshi Marg, Subhash Nagar, Lower Parel, Mumbai-400011.

☎022-55228310, 022-55264054. [www.ummeed.org](http://www.ummeed.org)

**Pune Directory of Disability services**

'Parichay' by Balkalyan Sanstha, Near Raj Bhavan, Ganesh Khind Road,

Pune-411007. ☎25655953. [balkalyansansta@gmail.com](mailto:balkalyansansta@gmail.com) [www.balkalyan.com](http://www.balkalyan.com)

**Bangalore- Fingertips -A child resource directory for Bangalore**

(Pl. refer Disability section)-Published by Sutradhar

B- G-3, Pushparang Cornwell Cross Road, Bangalore-400025.

☎080-42092690. [www.sutradhar.com](http://www.sutradhar.com), [fingertips.sutradharindia.org](http://fingertips.sutradharindia.org)

[www.nayi-disha.org](http://www.nayi-disha.org)

An Information Resource for Intellectual & Developmental Disabilities. Nayi Disha Resource Centre is an online information resource platform that supports families of persons with Intellectual and Developmental Disabilities (IDD).

[www.parentingautismindia.com](http://www.parentingautismindia.com)

This website is put together by Padma, a parent of a child on the autism spectrum. It has bunch of resources from books, games, apps, software, websites, blogs & a shop section of handpicked products for kids on the spectrum.

**Tree Of Happyness** (TOH ) is a Social Network of the Special Needs , the Disabled, their Parents, Therapists, Doctors, Teachers, Schools, Clinics, NGOs and Support Groups. [www.treeofhappyness.com](http://www.treeofhappyness.com)

## I. Useful links

### **Department of Persons with Disabilities**

[Kvs.rao13@nic.in](mailto:Kvs.rao13@nic.in) <http://disabilityaffairs.gov.in>

### **Ministry of Social Justice and Empowerment -Govt. of India**

[www.socialjustice.nic.in](http://www.socialjustice.nic.in)

### **Office of the Chief Commissioner for People with Disabilities**

[www.ccdisabilities.nic.in](http://www.ccdisabilities.nic.in)

### **Rehabilitation Council of India**

[psrci-depwd@gov.in](mailto:psrci-depwd@gov.in) [www.rehabcouncil.nic.in](http://www.rehabcouncil.nic.in)

### **National Institute for the Empowerment of Persons with Intellectual Disabilities (Divyangjan)**

[www.niepid.nic.in](http://www.niepid.nic.in)

(Formerly National Institute for the Mentally Handicapped) [www.nimhindia.org](http://www.nimhindia.org)

### **National Institute for the Visually Handicapped**

[directorniepvd@gmail.com](mailto:directorniepvd@gmail.com) [www.nivh.gov.in](http://www.nivh.gov.in)

### **National Institute for the Hearing Handicapped**

[ayjnihh-mum\[at\]nic\[dot\]in](mailto:ayjnihh-mum[at]nic[dot]in) [ayjnihh.nic.in](http://ayjnihh.nic.in)

### **National Institute for the Orthopaedically Handicapped**

[abhishekpnr@gmail.com](mailto:abhishekpnr@gmail.com) [www.niohkol.nic.in](http://www.niohkol.nic.in)

### **National Institute for Empowerment of Persons with Multiple Disabilities**

(NIEPMD) [niepmd\(at\)gmail\[dot\]com](mailto:niepmd(at)gmail[dot]com) [www.niepmd.tn.nic.in](http://www.niepmd.tn.nic.in)

### **National Trust for the Welfare of Persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities**

[contactus@thenationaltrust.in](mailto:contactus@thenationaltrust.in)

[www.thenationaltrust.in](http://www.thenationaltrust.in)

### **National Handicapped Finance and Development Corporation**

[www.nhfdc.nic.in](http://www.nhfdc.nic.in)

**Ability Foundation** [magazine@abilityfoundation.org](mailto:magazine@abilityfoundation.org), [www.abilityfoundation.org](http://www.abilityfoundation.org)

**Mobility India** [e-mail@mobility-india.org](mailto:e-mail@mobility-india.org), [www.mobility-india.org](http://www.mobility-india.org)

**Association of people with Disability** [www.apd-india.org](http://www.apd-india.org)

**Action For Autism** [actionforautism@gmail.com](mailto:actionforautism@gmail.com) [www.autism-india.org](http://www.autism-india.org)

**Autism Society of India** [autismsocietyofindia2006@gmail.com](mailto:autismsocietyofindia2006@gmail.com)  
[www.autismsocietyofindia.org](http://www.autismsocietyofindia.org)

**Maharashtra Dyslexia Association of India** [www.mdamumbai.com](http://www.mdamumbai.com)

**National Centre for Promotion of Employment for Disabled People (N.C.P.E.D.P.)**  
[www.ncpedp.org](http://www.ncpedp.org)

**Barrier Break** [www.barreierbreak.com](http://www.barreierbreak.com)

**Social justice & Special Assistance Department** [www.sjsa.maharashtra.gov.in](http://www.sjsa.maharashtra.gov.in)

**Enabled.in** [www.enabled.in](http://www.enabled.in)

**ChildRaise Trust** [www.childraise.com](http://www.childraise.com)

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## **J. Awards & Scholarships**

### **National Awards for the Empowerment of Persons with Disabilities (PWD)**

The award was instituted in the year 1969 by the Ministry of Social Justice and Empowerment (Govt. of India) to recognise the achievements of individuals and institutions that are working for the welfare of persons with disabilities. These awards are given to placement officers, eminent individuals, outstanding institutions and for outstanding inventions by technologists. These awards are being presented every year from 1999 on 3rd December -International Day of the Persons with Disability.

**For more details log on to -**

**<http://disabilityaffairs.gov.in/content/page/national-awards.php>**

**National Trust Awards** are given annually.

For more information log on to <http://disabilityaffairs.gov.in/content/page/national-awards.php> [www.thenationaltrust.in](http://www.thenationaltrust.in)

### **The NCPEDP- MINDTREE HELEN KELLER AWARDS**

Instituted in 1999, the N.C.P.E.D.P.-Mindtree Helen Keller awards recognizes the exemplary work of persons/corporates/ organizations who are helping people with disabilities find positions of equality and dignity in their worksphere. The Selection Committee comprises eminent personalities from industry and the disability sector. Nominations are considered under five categories.

For more details log on to-

E - 150, Ground Floor East of Kailash, New Delhi – 110065

☎91-11-26221276 / 26221277 / 49122868 [www.ncpedp.org](http://www.ncpedp.org)

### **NCPEDP MPHASIS Universal Design Awards**

In order to spread awareness on Universal Design and to popularise this concept, NCPEDP, in association with Mphasis, instituted **The NCPEDP - Mphasis**

**Universal Design Awards** in 2010. These Awards are given away every year to those who have been doing exemplary work towards the cause of accessibility and thus ensuring a life of equality and dignity for people with disabilities.

The Awards cover accessibility in the following fields:

1. Built Environment
2. Transport
3. Information and Communication Technology
4. Services
5. Aids and Appliances

For more information log on to : <http://www.ncpedp.org>

### **CavinKare Ability Awards**

CavinKare ABILITY Awards were instituted in 2003 to honour achievers with disabilities who have soared beyond conventional barriers to realise their chosen dreams. They are national awards recognising exemplary services as well as accomplishments of the achievers. The awards come in two categories: CavinKare ABILITY Award for Eminence is given to 1 person with disability, who has demonstrated a commitment to others that goes beyond personal triumphs. CavinKare ABILITY Mastery Awards are given to 2 persons who haven't allowed their disability to become a barrier in attaining excellence in their field.

For more details contact: Ability Foundation, New No.4, Old No.23, Third Cross Street, Radhakrishnan Nagar, Thiruvanniyur  
Chennai - 600 041. ☎91 44 2452 0016 [www.abilityfoundation.org](http://www.abilityfoundation.org)

### **The National Scholarship For Persons With Disabilities**

For more information log on to  
<http://disabilityaffairs.gov.in/content/page/scholarship.php>

### **Nutan Gulgule Foundation's Achievement Awards**

Every year NGF honours people with disabilities.  
[nutan@nutanfoundation.org](mailto:nutan@nutanfoundation.org) [www.nutanfoundation.org](http://www.nutanfoundation.org)

### **Nina Foundation's "RockStar" Award**

☎ 09769680820 [indianinafoundation.blogspot.com](http://indianinafoundation.blogspot.com) [www.ninafoundation.org](http://www.ninafoundation.org)



## Chapter 6

### Recreation

The child learns more in a natural setting with least expectations to perform. Surely, it brings colour in their lives. Every child with special needs should be encouraged to pursue a hobby that transports them into a comfort zone. These recreational activities like sports, arts and crafts inject enthusiasm, spirit of fun in their otherwise packed schedule of various therapy sessions, remedial lessons, long hours of homework etc. Not only do they release the stress but also build self-esteem & provide an opportunity to channelize energy in a positive manner. Besides these positive points, more importantly, they teach social rules in a subtle manner.

**Recreation can be in the form of Sports, Arts & Crafts, etc.**

**Sports (Indoor/Outdoor)** are useful vehicles to learn from and teach team spirit and healthy competition without actually being taught.

Special children who excel in sports can participate in **Paralympics** games and **Special Olympics** events. **Paralympics games** are part and parcel of Olympic Games. They are held in the same venue. They promote equality, awareness about challenged athletes who compete on elite sports level. **Special Olympics** involve athletes from all performing level with varying capacities. Children good at sports are trained in schools to participate in Special Olympics.

For more detailed log on- [www.paralympic.org](http://www.paralympic.org)  
[www.specialolympics.org](http://www.specialolympics.org) , [www.specialolympicsbharat.org](http://www.specialolympicsbharat.org)  
☎ +91-11-29841362 / 63

**There are other contacts such as –**

**All India Chess Federation ForThe Blind (AICFB)**

Charudatta V. Jadhav, Gen. Secretary - AICFB, C/O 128/4253, Nehru Nagar, Kurla East, Mumbai-400024.

☎ 9820226516, 09322870908 [www.aicfb.in](http://www.aicfb.in)

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**All India Andh Stri Hitt Association (AIASHA)** Mumbai arranges swimming & chess coaching for children with visual impairment. They also undertake treks.

Contact: Neha Nalin Pawaskar- ☎ 26572752 / 9821584436

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**All India Sports Council of the Deaf** ☎ 098737 90958

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**Association for the Welfare of persons with a Mental Handicap in Maharashtra (AWMH) conducts annual Maharashtra State Cricket Tournament for Special Schools**

BMC Marathi Primary School Bldg, 1<sup>st</sup> flr, Khetwadi, 1<sup>st</sup> Lane, S.V.P. Road, Behind Alankar Cinema, Mumbai- 400004. ☎ 23889814/23889956

Mr. Ravi Bagdi - 9322407200 [www.awmh.in](http://www.awmh.in)

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**Blossom Disability Faunadation**

Care of All India Balkan Ji bari Nationl Head Quters: 25, Juhu Road, Santacruz (W), Mumbai – 4000054. Ashwini : 9004815726, Vandana : 9819578480  
[allindiabalkanjibari.com](http://allindiabalkanjibari.com)

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**Santosh Institute for Mentally Challenged Children -Centres**

1. Mahatma Gandhi School, Bandra(E)
2. Planet Kids, Versova ,Andheri(W)
3. Palm Court, Malad(W)
4. Tiger Kids, Goregaon(E),CIDCO Community Centre, Navi Mumbai
5. Shubh Shilp,Star Colony, Dombivali(E)
6. M. G. Road, Near Sun city Theatre, Vileparle (E),
7. Near Charkop Police Station, Charkop, Kandivali (W)
8. Behind Mahavishnu Temple, Western Express Highway, Mira Road (E), Thane
9. Dr. Hajirnis Building, Off LBS Marg, Uthalsar, Thane West
10. Ram Nagar, Opp. Bank of India, Dombivali (E)

11.Plot No 15, Sector 22, Nearby MGM Hospital, JNPT Road,  
Kamothe, Navi Mumbai

Contact: **Dattaram Fonde**-☎93206 87976, 84229 06604, 022 2651 0716,

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**Khel Khel Mein - Play Ideas for Special Persons by Anand Kumtha**

For Workshops on games & leisure activities Contact: ☎9930275026

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**Vedh Sports Academy by Datta & Tejashri Shinde**

☎9029546248, 9029296413

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**Vision Institute-** C/701, Subh Sarita Building, Krishna Nagar, Borivali East, Mumbai-400066 ☎9833815215/ 8108240005

**ISHWAR-Inclusion and Social Harmony with Attitude Reconstruction**

P/8B, Hauz Khas Enclave (Basement), New Delhi-110016.

☎011- 26535247, 26855154, 9810269298, 9810075122. [www.ishwar-ngo.org](http://www.ishwar-ngo.org)

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They conduct sports program like cricket, basketball, swimming, skating, karate, chess & dance.

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**IMRHC- Integrated Multipurpose Recreation & Hobby Centre**

Shankaranilaya, 8/1, Surveyor's Street, Basavangudi, Bangalore - 560004.

☎080- 26574258, 9448465791.

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### **For Nature/ Adventure Lovers:**

**A Filly & Colt Farm-** They have customized programmes for children with Special Needs.

Plot no 9, Gat no. 42, Gurushakti, Off Ekvira Road, Dahivali Village, Karla, Lonavala 410405 ☎ 9930413902, 9987429711 [www.afillyncoltfarm.com](http://www.afillyncoltfarm.com)

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**Youth Hostel Associations of India(YHAI)** announces 50 adventure scholarships to physically challenged youth including deaf & dumb.

5 Nyaya marg, Chanakya Puri, New Delhi ☎ 7827999000

E-mail: [trekking@yhaindia.org](mailto:trekking@yhaindia.org) [www.yhaindia.org](http://www.yhaindia.org)

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**Tata Steel Adventure Foundation (TSAF)**, Jamshedpur. Contact: Bachendri Pal JRD Tata Sports Complex (Eastern Wing) Northern Town, Jamshedpur - 831001

☎ 91-657-6643389/ 6645189. Mobile: 7209457055 [www.tsafindia.org](http://www.tsafindia.org)

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### **Dance/ Drama/ Arts**

#### **Ajivasan Music Class**

Suresh Wadkar's Music Academy, Ajivasan Building, Next to SNDT College, Juhu Tara Road, Santacruz West, Mumbai, Maharashtra 400049, India ☎ 77381 11664

<https://ajivasan.com/>

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#### **Natya Shala -- Drama workshops for children with Special Needs**

Contact-Mrs. Kanchan Sontakke-☎ 9821681657,

Mr. Shivdas Ghodke- ☎8828977601

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#### **Shiamak Davar's Victory Arts Foundation (VAF) endeavors to use the power of dance as a therapeutic medium.**

2nd Floor, Nadia Mary Complex, Dr. C.G. Road, Chembur (E), Mumbai-400071.☎ 022 2520 1505 [www.victoryartsfoundation.org](http://www.victoryartsfoundation.org)

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**Velvi founded by Dr. Parasuram Ramamoorthi**

10, Ashok Nagar Third Street, Kochadai, Madurai - 625016.

☎ 9655573751, +91 452 2384479 [www.velvi.org](http://www.velvi.org)

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**Ability Unlimited H 320, Pocket -2 Phase 1, Mayur Vihar, Delhi-110092**

☎ 91 11 430 24 776, 9811 340 308, 9953747398 [support@abilityunlimited.com](mailto:support@abilityunlimited.com),  
[www.abilityunlimited.com](http://www.abilityunlimited.com)

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**Swaranandwan Orchestra**

Maharogi Sewa Samiti, Warora, at & Post ANANDWAN - 442 914 Via Warora,  
Dist. Chandrapur, Maharashtra - 442 914 ☎ 07176 - 282034, 282425, 09881844024  
91-7447-424000, 9011-094606.

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**ABT- Arts Based Therapy/ Workshops**

Zill Botadkar- 9819064508

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**Bal Kalyan Sanstha, Pune**

Near Raj Bhavan, Ganeshkhind Road, Pune – 411007

☎ 020- 256555953 [www.balkalyan.com](http://www.balkalyan.com)

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**National Bal Bhavan**

[www.nationalbalbhavan.nic.in](http://www.nationalbalbhavan.nic.in)

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◆ Nehru Bal Bhavan, Netaji Subhashchandra Marg, Charni Road,  
Mumbai – 400 004

☎ 23636315, 23636314, 23679267

◆ Kotla Road, New Delhi – 110002

☎ (011) 23232672, 23237856, 23231597

◆ Garware Bal Bhavan, Opposite Sarasbaug, Pune 411 002

☎ (020) 2444 2109 [www.garwarebalbhavanpune.org](http://www.garwarebalbhavanpune.org)

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**Mouth & Foot Painting Artists A-401, Dipti Classic, Suren Road, Andheri East,**

Mumbai- 400093. ☎ 4009 8877 [www.imfpa.org](http://www.imfpa.org)

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**Beyond Sight Foundation by Partho Bhowmik** teaches photography to students with Visual Impairments.

A 403 Vasant Sarita, 90 Feet Road, Thakur Complex, Kandivali East,  
Mumbai – 400101 ☎ 022-8701761, 09821474731. [www.blindwithcamera.org](http://www.blindwithcamera.org)

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A Delhi-based start-up has launched a smartphone **app** that can assist people with special needs to find disabled-friendly restaurants, tourist locations and other public places across India. This **app**, called **BillionAbles**, is India's first lifestyle **app** for persons with disabilities and special needs. [www.billionables.com](http://www.billionables.com)

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**Mr. & Miss Wheelchair India (MMWI)** is conceived by **Mr. Sounak Banerjee** for aspiring models with presentable, well rounded personality & role models on wheelchairs with disability to make foray into the fields of fashion, television, glamour and movies. This is supported by the leading NGOs of India.

504, Sonam Shraddha, Golden Nest1, Bhayandar East, Mumbai.

☎ 097025 94531. [www.facebook.com/MissWheelchairIndia](https://www.facebook.com/MissWheelchairIndia).

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**Newzhook-** India's 1st accessible news channel by **Barrier Break** with a special focus on disability related news that is accessible to visually impaired screen reader users and promotes sign language news for the deaf.

[www.newzhook.com](http://www.newzhook.com)

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## Important Days for People with Disability

Day	Events
4 <sup>th</sup> January	World Braille Day
27 <sup>th</sup> Jan	World Leprosy Day
February	International Epilepsy Day (Second Monday of Feb)
9 <sup>th</sup> March	World Deaf Day
21 <sup>st</sup> March	World Down Syndrome Day
26 <sup>th</sup> March	Purple Day for Epilepsy Awareness
April	Autism Awareness Month
1 <sup>st</sup> April	Prevention of Blindness week
2 <sup>nd</sup> April	World Autism Awareness Day
7 <sup>th</sup> April	World Health Day
25 <sup>th</sup> June	Spinal Cord Injury Awareness Day
27 <sup>th</sup> June	Helen Keller Birthday
25 <sup>th</sup> Aug- 8 <sup>th</sup> Sep	National Blindness Control Fortnight
12 <sup>th</sup> - 18 <sup>th</sup> Sep	ADHD Awareness Week
26 <sup>rd</sup> September	World Deaf Day
30 <sup>th</sup> September	International Day of Sign Language Rights
3 <sup>rd</sup> October	National Cerebral Palsy Day
October	World Sight Day (Second Thursday of Oct)
10 <sup>th</sup> October	Mental Health Day
15 <sup>th</sup> October	White Cane Safety Day
17 <sup>th</sup> November	National Epilepsy Day
3 <sup>rd</sup> December	International Day of People with Disabilities



## Chapter 7

### Recondition

The society has preconceived notions about a person having disability. The children with disabilities elicit stereotypical reactions of pity, rejection, etc. Disability carries a social stigma. We are conditioned to believe that having a physical difference is equivalent to having a disability. So much so the person having disability starts believing this misconception.

To clear this misconception, we all need to change our outlook, our approach. The parents have to recondition their responses, reconsider their child's potential, reconstruct educational goals and assist in enhancing their child's potential.

We need to be Aware of whatever disability one has. We have to know it from different angles such as medical, psychological, social etc. Once we become aware, recondition ourselves, we become the advocates of disability.

**Reconditioning is required in areas like Responses, Relationships, Planning for future etc.**

#### **Word/ Action Responses**

Choose your words very carefully, they are very powerful. The limits and possibilities of our reality are decided by words. Be positive, encouraging, reassuring and direct when talking to the child. This will aid in guiding child's self esteem change his own perception.

#### **Sibling and Family Relations**

Keep in mind the feeling and needs of your spouse and your other children. Remind them this child does not get more of your love just because he gets more of your time.

It is a tight rope walk for parents attending equally to a child with disability and the other with regular needs. Sometimes parents are torn between the two, not able to do justice to either of them. They feel guilty, inadequate, exhausted by the never ending demands.

Whereas siblings of a special child who might feel cheated of love of their parents, may become hostile towards their "*special*" siblings, weary from carrying the burden of either taking care of a younger special sibling or giving respect to an older special

sibling only because of age. Many siblings have even expressed at some time or the other how they wish that they were not normal and had disability.

These kinds of reactions shout for parental attention and must be handled very delicately. The feelings, the outbursts are real & not to be dismissed as momentary. They have to be understood.

### **Remember**

**EVERY CHILD HAS DIFFERENT NEEDS, SPECIAL OR OTHERWISE.**

### **Few Tips:**

- **Early Initiation:**

From the very beginning, involve the sibling in care giving process. This helps in creating a bond between siblings when both learn from each other a lot.

- **Participation:**

Similarly, assigning a role to a sibling in care giving process makes him/her responsible. They feel part of family happenings. they get to know that they matter. Nobody in the family feels alienated. in the times of stress, they have strong security net.

- **Recognition:**

Involvement should not be taken for granted. The sibling needs praise, appreciation for helping, caring for disabled brother or sister otherwise it may be viewed as a burden.

### **Family Relations-**

Having a child with disability sometimes takes it toll on an otherwise sound marriage. The parents may go on a guilt trip, start blaming each other. As mentioned above, the other siblings also have to be given equal attention. If living in a joint family, the grandparents should avoid overprotecting or overtly pampering the child with special needs. To avoid confusion in the child's mind, both parents have to adhere to the same code of conduct.

In all, the family has to work as a unit in the development of the child with disability.

**Ms. Rekha Balgi Founder of 'Reach Out' has published a guide for families of Special Adults which discusses both Sibling & Family Relations & also issues like Insurance, Guardianship etc.**

**Reach Out-Make a Difference by Ms. Rekha Balgi -9323391346,  
Email- rekhabalgi@gmail.com**

### **Financial Planning**

“We will cross the bridge, when we come to it” strategy does not work where finances are concerned. At the same time unnecessary worry is also futile. One has to start making financial provisions as soon as possible, once the diagnosis is made.

**Count your pennies and the pound will take care of itself.**

Saving and investing in very small amounts also adds up to a substantial amount over the years. Later on a Trust can be formed to look after the person (in case of person having intellectual disability or incapable of looking after oneself) once the parents are no more.

**Please refer to the book 'For A secure Tomorrow'**

**by – Late Mr. Damodar Tilak**

**(Available on [www.childraise.com](http://www.childraise.com) / Finance).**

**"Financial Planning for the Families having Children with Special Needs"– A Comprehensive Guide to Plan for Two Generations  
by Jitendra P.S. Solanki (Available on Amazon)**

## Advocacy

Advocacy is to protect and advance the rights of adults and children who have disabilities so that they can freely exercise their own life choices, enforce their rights and fully participate in the society. Parents & the persons with disability are the best advocates.

But to become an advocate and fight for one's own right, one has to be aware and the society has to be sensitized towards such issues.

### Organisations working for Awareness & Advocacy

#### **NCPEDP (National Center for Promotion of Employment for Disabled People)**

##### **Founder-Javed Abidi**

E - 150, Ground Floor East of Kailash, New Delhi - 110065

☎ 11-26221276 / 26221277 / 49122868 [www.ncpedp.org](http://www.ncpedp.org)

**Access Ability headed by Shivani Gupta** [www.accessability.co.in](http://www.accessability.co.in)

#### **Barrier Break founded by Shilpi Kapoor**

Office No. 102, Highway Commercial Complex, IB Patel Road, Opposite Laghu Udyog Industrial Estate, Goregaon (E), Mumbai – 400063

☎ 22- 2686 0485-87, 22-2686 0489-90 [www.barrierbreak.com](http://www.barrierbreak.com)

#### **Nidhi Goyal Raising Flame Sexuality and Disability Point of views**

☎ 9820529792

#### **Nutan Gulgule Foundation**

2/8, Margadashan CHS, Prof. N S Phadke Road,  
Opp. Regency Hotel, Andheri East, Mumbai - 400 069.

☎ 98198 73906 / 09920383446 / 09869213266 [nutan@nutanfoundation.org](mailto:nutan@nutanfoundation.org)  
[www.nutanfoundation.org](http://www.nutanfoundation.org)

**‘Reach Out’ founded by Rekha Balgi , Mumbai - ☎9323391346**

**Trinayani founded by Ritika Sahni** Gulmohar C.H.S, 67/666 M.H.B Colony, 90 Feet Road, Opp Parijat Society, Mahavir Nagar, Kandivali West, Mumbai 400067.

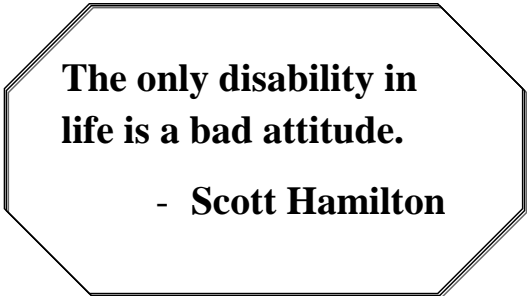
☎ 22-28697390, 09769357390 [www.trinayani.org](http://www.trinayani.org)

**The Veruschka Foundation co-founded by Tatyana Dias & Christina Joseph**  
A/4, 716 Lokbharti Complex, Marol Maroshi Road, Marol, Andheri (East), Mumbai-  
400059. ☎9769074824 [www.theveruschkafoundation.org](http://www.theveruschkafoundation.org)

**Cross the Hurdles by Abha Khetarpal** Email- [crossthehurdles@gmail.com](mailto:crossthehurdles@gmail.com)  
[www.crossthehurdles.org](http://www.crossthehurdles.org)

**Sruti Disability Rights Centre** headed by **Shampa Sengupta**  
5/A, R K Ghosal Road, Kasba, Kasba, Kolkata, West Bengal 700042.  
☎033 2441 8080

**Swabhiman founded by Sruti Mohapatra**  
A -98, Budhanagar, Bhubaneswar, Odisha- 751006  
☎91 9238106667, +91-674-2313313 [swabhiman.bhubaneswar@gmail.com](mailto:swabhiman.bhubaneswar@gmail.com)  
[www.swabhiman.org](http://www.swabhiman.org)



**The only disability in  
life is a bad attitude.**  
**- Scott Hamilton**



## Entrepreneurs

### 1] Yash Charitable Trust's 'Arpan' - Tiffin Service with a Difference

YCT runs a supported employment initiative called Arpan in Mumbai. The team includes individuals with developmental disabilities who run a daily tiffin service. Delicious home cooked meals are freshly prepared on a daily basis.

**Address:** 1, Koliwada, Opp. Juhu Apts., H.S. Revdankar Marg, Off Juhu Road  
Mumbai 400049 ☎ 9892418057 namaste@yashcharitabletrust.org

[www.yashcharitabletrust.org](http://www.yashcharitabletrust.org)

### 2] Trinayani- 'Sparsh' Foot Spa

Trinayani's Sparsh Foot Spa initiative has come a long way in altering perceptions and attitudes of the community towards Blind persons. The Sparsh Foot Spa stalls at Malls, Marathons, Melas, Corporate offices and Celebratory events provides us a unique opportunity of changing attitudes of those who actually take a session and realize the expertise/skill of our therapists.

**Address:** Gulmohar CHS 67/666, M H B Colony, 90 feet Road, Opp. Society, Mahavir Nagar, Kandivali west, Mumbai - 400067

☎ 97693 57390 contact@trinayani.org / trinayani.contact@gmail.com

<http://trinayani.org>

### 3] Metta Foot Spa

Metta was founded in 2008, by Joanita Figueiredo. This spa only hires visually impaired people. Once Discriminated Against and Unemployed, these Visually Impaired Masseurs are very proud to earn their living like everybody else.

**Address:** 81, Milagres House, 1st floor, Next to Canara Bankopp. Holy Family Hospital Hill Road, Bandra West Mumbai 400050

☎ 9870719923 / 9870599923 info@mettaareflexology.org

<http://mettaareflexology.org>

#### **4] Mirchi & Myme- Powai Restaurant**

Mirchi and Mime only employs people who are hearing and speech impaired. Diners are requested to place their orders by mimicking hand-gestures associated with a particular food item. Items in the food menu are accompanied with photos of these hand gestures. Mirchi and Mime was founded by Henley School of Business graduates - Prashant Issar and Anuj Shah drawing inspiration from "Signs", a Toronto-based bistro which functions on a concept of hiring differently-abled people.

**Address:** Trans Ocean House, Lake Boulevard, Hiranandani Business Park, Powai, Mumbai – 400076

☎ 022 -41415151, 8828024151

[www.mirchiandmime.com](http://www.mirchiandmime.com)

#### **5] Miracle Couriers**

Started by Dhruv Lakra who combined his education and experience in both the business and social sectors to come up with a for-profit social enterprise. The idea to help the deaf was triggered by one particular incident he experienced while traveling on a bus in Mumbai. Over the last eight years Mirakle Couriers has grown to operate in 2 Branches in the city, employing 70 deaf employees and delivering over 65,000 shipments per month. They have won several awards including the 2009 Hellen Keller award and the 2010 National Award for the Empowerment of People With Disabilities.

☎ 9920079384 [service@miraclecouriers.com](mailto:service@miraclecouriers.com), [jobs@miraclecouriers.com](mailto:jobs@miraclecouriers.com),

#### **6] White Print**

Launched in May 2013 by Upasana Makati, this 64 page monthly is printed at the National Association for the Blind, Mumbai and circulated across India. White Print entails articles about sports, politics, culture, fashion, technology, inspiring stories of the common man, short stories and even reader contributions.

☎ 9920400580 [www.whiteprint.in](http://www.whiteprint.in), [upasana@whiteprint.in](mailto:upasana@whiteprint.in)



## Chapter 8

### Contribution

#### **You Can Make A Difference!**

*Once there was a big storm in a village that was set next to the sea. The day after the big storm, a grandfather took his young granddaughter to the beach for a stroll.*

*The small child saw the sea in a totally different way that morning; the sea storm had done its work.*

*The small girl asked her grandfather pointing at the objects that were littered on the seashore that she was seeing for the first time, “what are these, Grandpa?”*

*Pointing at the huge number of starfish that were littered on the seashore the little child asked, “Grandpa, will they live if I put them back in the sea?”*

*Grandpa said very lovingly to the innocent child “yes, my child.”*

*The child ran to the first starfish, picked it up, ran to the sea and threw it deep in the water.*

*With a bright smile she went to Grandpa, and ran back to pick the second starfish and threw it back in the sea.*

*Grandpa said, “Leave it my child, there are so many, you cannot possibly make any difference.”*

*The little child smiled at her Grandpa, then ran to the next starfish, picked it up and threw it in the sea.*

*Then she ran back to Grandpa, then ran to the next starfish, picked it up and threw in the sea.*

*Then she ran back to Grandpa and pointed to the place where she had just thrown the starfish and said “It made difference to that one!!”*

Similarly, each and every person's every single act of supporting an organization or a person with disability is valuable. From Intervention to Advocacy at every step, the donor involvement, community engagement is vital however small or insignificant it may seem to be.

- **Each One, Reach One** – Befriend at least one differently able person to change your perspective.
- **Each One, Teach One** – Sensitize the society about people having disabilities.
- **Sponsor a child with special needs** for education, medicines, therapy etc.
- **Endorse their handcrafted products.**
- **Offer your time, services as a volunteer** to the nearest school, workshop.
- **Provide respite care.**
- **Join hands with voluntary organizations like -**

**Karmayog-** is a unique free platform for concerned citizens for social and civic issues since June 2004.

C/o Shri R. O. Somani Charitable Trust, Shreeniwas House, 2nd floor  
(Behind Bombay Gymkhana) H. Somani Road, Fort, Mumbai-400001.  
info@karmayog.org   info@karmayog.org   [www.karmayog.org](http://www.karmayog.org)

**Each One Enrich One** is an interactive e platform for social causes.

This platform is very useful for NGOs, Volunteers, donors & Corporates.

☎ +91-9821411436   [www.eachoneenrichone.com](http://www.eachoneenrichone.com)

## **Donate**

**GiveIndia** is India's premier online donation platform through which one can donate online to more than 200 respectable India NGO with tax rebates.

B-703 "Pramukh Plaza", off. Andheri Kurla Road, Chakala, Andheri (E),  
Mumbai – 400093

☎ 22-42759400   [www.giveindia.org](http://www.giveindia.org)

## **Crowd Funding**

**Crowdfunding** is the recent online fundraising platform and a very cost effective tool of funding a project or venture by raising many small amounts of money from a large number of people, via the Internet. This method of fundraising is gaining a lot of momentum because more and more donors belong to the digital era today.

### **Impact Guru**

B 401 Pramukh Plaza, Cardinal Gracious Rd, Mota Nagar, Andheri East,  
Mumbai- 400099 ☎08030187007 [www.impactguru.com](http://www.impactguru.com)

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### **Ketto**

Unit No 20, Ground Floor, Andheri Industrial Estate, Off Veera Desai Road,  
Andheri (w), Mumbai- 400053 ☎73500 13971 [www.ketto.org](http://www.ketto.org)

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**Let us today do those things,  
Which ten years from now,  
A man of intelligence and goodwill  
Might wish had been done!  
-EdmundBurke**



## Chapter 9 Legislation

We have come a long way from the times when Lunacy Act-1981 was in practice and there was no differentiation between mental retardation and mental illness. The picture changed when year 1981 was declared International Year of the Disabled Person (IYDP) and planned measures were taken. In 1986, Rehabilitation Council of India (RCI) was set up to train and register rehabilitation professionals, grant recognition to training institutions and to promote research.

### **The Rehabilitation Council of India Act- 1992**

As per this Act, the council is given statutory powers to regulate the manpower and rehabilitation services in special education. The Council shoulders the responsibility of providing access to education to every child with disability and fulfils the demands of Person with Disability (PWD) Act-1995

### **The Person with Disability (Equal Opportunity, Protection of Rights & Full Participation) Act-1995**

Before The Rights of the Persons with Disability Act came in to force, The Person with Disability (Equal Opportunity, Protection of Rights & Full Participation) Act-1995 was in to force and it recognized seven conditions as Disability – Blindness, Low vision, Hearing impairment, Locomotors disability, Mental Retardation, Leprosy cured and Mental illness as compared to twentyone as per the present law.

### **National Trust Act- 1999**

The National Trust for Persons with Autism, Cerebral palsy, Mental Retardation and Multiple Disability was enacted by Parliament into law in December 1999.

The objectives of the Act being empowering the person with disability to live as independently as possible and to tackle the problems of person having no family support. It includes training family members, setting up of residential homes for person with disability.

**Samarth** - A Centre Based Scheme (CBS) which was introduced in July 2005 for residential services - both short term (respite care) and long term (prolonged care). The facilities in the home are available to both- men and women- on 50-50% basis and shall cover all the four disabilities under the National Trust

**GHARAUNDA-** Group Home And Rehabilitation Activities under National Trust Act for Disabled Adults is a scheme for providing Life Long Shelter & Care to Persons with Disabilities in Group Homes.

**Niramaya Health Insurance Schemes**

1. Affordable Health Insurance to PwDs.
2. Health insurance cover of up to Rs. 1.0 lakh.
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**The Rights of Persons with Disabilities Act 2016**

Please refer Chapter 1- Introduction to Disability for more information on this Act.  
<http://disabilityaffairs.gov.in/upload/uploadfiles/files/RPWD%20ACT%202016.pdf>

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**Dept of Social Welfare-Canning Lane, K.G.Marg, New Delhi**

☎ 23382687, 23384904, Fax – 23388813

**“Handbook on concession and Facilities for disabled People in India”**

by Dr. Sruti Mohapatra -Secretary, Swabhimana - A Disability Information and Resource Centre, A-99, Budha nagar, Bhubaneswar –751006. ☎ (0674)2312972.

**Disability and Law, Human Rights Law Network**


English House, 4<sup>th</sup> floor, B. Samachar Marg, Mumbai.

☎ 22676680, 2267385.

**Centre for Disability Studies - NALSAR University of Law, Hyderabad**

[www.disabilitystudiesnalsar.org](http://www.disabilitystudiesnalsar.org)





**If you bungle raising your children,  
I don't think whatever else you do  
matters very much.**

***Jacqueline Kennedy Onassis***



## DON'T QUIT

When things go wrong as they sometimes will,  
When the road you're trudging seems all up hill,  
When the funds are low and the debt is high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck it out.  
Don't give up though the pace seems slow,  
You may succeed with another blow.

Success is failure turned inside out,  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far.  
So stick to the fight when you're hardest hit,  
**It's when things seem worst,  
That you must not quit!**



## **Chapter 10**

### **Integration → Inclusion**

### **→ Self – Actualisation**

#### **We have reached the final station of our Journey to Empowerment!**

Up till now we have covered what is essential for the overall development of the child. Now, we are at the final phase of our journey which culminates in the process of integration, inclusion and self – actualization which will lead to Empowerment.

Like all expeditions, success is not guaranteed here, but we have to continue the journey to the best of our ability and efforts. To ensure success of each child we have to focus on the ultimate vision of creating a world which emphasizes togetherness recognizes individual differences and respect.

In the present scenario of segregation and exclusion of children with disability, this vision is difficult to envisage. Because till now, to a large extent, special education has not been successful in making the special children participate in and contribute fully to the society. Even the Government policies imply that education of children with disability is a matter of welfare or charity than a matter of Human Rights. Thankfully, due to the efforts of rehabilitation and disability activists demanding equality, we are moving towards a better society where every need and speed is valued.

#### **The principles of Integration and Inclusion and it's need**

Theories & educational practices evolve with time. Special education was created to cater to the special needs of the children, to train and prepare them for integrated social life. This was then thought as the best approach to educate them. But it seems that it is including fear, rejection and non- participation of children with disability in the mainstream activities and intolerance education, inclusive society that promote co-operation, co-existence and understanding of each other are to be followed.

We have made the initiative by having integrated schools. Now, let us note the underlying principles of Integration and Inclusion. Many times, the terms integration and inclusion are used interchangeably although they are different.

Integration does stress togetherness. But sometimes it may happen that the child is physically integrated in the class but segregated at social interaction level. Whereas the principles of inclusions are far deep rooted. The process does not just stop at modifying the child's physical environment at school but also aims at restructuring cultures and policies. Inclusion also involves attitudinal changes and behavior.

The Inclusion Policy aims at major ideological shift compared to the past, when children with disabilities were as mentally ill, ostracized and shunned from social activities.

Presently, in the Indian context, inclusion seems to be a daunting task, considering, the lack of infrastructure, trained teachers to handle children with disability in regular class and rigid outlook. Thankfully, the Indian mind is opening up to broader ideas and we are slowly and steadily inching our way towards Inclusion.

With eyes set on the goal, we have to remind ourselves that education is the fundamental right of the child and it should provide unrestricted environment, ample opportunities for self fulfillment.

We also have to remember that it should be effective, appropriate and relevant. Therefore, consideration must be given to the possibility of the child being in special school depending on the child's needs and what will suit him best.

The **Golden mean** is whatever the educational provisions; we have to work towards acceptability, accessibility, non-discrimination, equal opportunities and full participation. This aids in enhancing self esteem of the child resulting in Self-actualisation.

**Abraham Maslow**, the father of humanistic psychology explains the Hierarchy of Needs. According to him, once the 'Basic Needs' of food, shelter, clothes & Safety are satisfied, an individual strives for gratification of Growth Needs.

**Self Actualization** is the highest need while discovering oneself.  
Inclusive community extends a helping hand in this mission of self discovery.

**Let us join hands to make this planet a worthy place to live in for our children.  
Let us share the world and travel the route of Empowerment together!**

## **WELCOME TO EMPOWERMENT!!!**

**There are two things we should give our children.  
One is roots and the other is wings!**



## Travelogue

Accounts of person coping with disability, their parents and issues raised by concerned professionals are presented here.

These accounts give us the real insight as to “where the shoe pinches.”

These travelogues trigger our train of thought , tell us about their guiding principles.

**Ketan Kothari - a disability activist** who is congenitally blind, sums up his philosophy in **Three A's...**

- 1. Acceptance**
- 2. Adjustment**
- 3. Achievement**

Further, he adds:-

***“There are only two choices, either you swim or you sink.  
I chose to swim as Best as I Can!***

**The narrations are by the People Who Chose To Swim!!!**

## Hidden Sun Behind Dark Clouds

It is often easy to forget the dark days when the sun shines above the cloudy haze.

As a mother of a mentally challenged Down's syndrome child, I have also experienced the Traumas, anxieties, fear of the unknown, etc. However, I chose to see the hidden sun behind the dark clouds. The result is, we are now proud parents of an accomplished Bharat Natyam dancer who is a three times National Award winner for Classical Dance including the Outstanding Achievers Award for the year 2002 conferred by NASEOH, Mumbai, he being the youngest all India recipients.

Krishna Kumar better known as **Vishak Gopinath** is our only child whose birth brought immense joy to our family. Our nightmare began the very next day when he was diagnosed as a Down's Syndrome child. Not knowing anything about the syndrome and the uncertain future made it worse. The doctors too were unable to guide us properly except for informing us that he would be lethargic and would have delayed milestones.

**Not one to wallow in self – pity, we set about gathering literature about these children and trying to lay our hands on anything that would help and guide us in bringing up our so including visiting outstation centers for information.**

**His grooming started with Early Intervention Therapy followed by Speech and Occupational Therapy.**

He started attending a normal school at 3 years and shifted to a special school at the age of 7. Every little progress he made brought us untold happiness. He now communicates in 3 languages English, Hindi and his mother tongue, Malayalam. No doubt along with his progress, attendant Down's Syndrome problems like Myopia and a slight stammer also surfaced. This we took in our stride and worked only on the positive aspects. Success does not come overnight.

One has to strive hard and look out for that little 'spark' in our differently abled child to fill our life with brightness. **What we cannot change, we can at least improve upon.** We have to tap their hidden talent and encourage them at every step and see how they

respond. We have to have a positive perception of the child and work in the right direction. This will enable us to foster the child's development.

Vishak has always been on a winning spree whether in Fancy Dress, Painting, Sport etc. He has won a number of Gold and Silver medals for Athletic at the 'Special Olympics' and Dance. Noticing his near perfect rhythm, I put him on for classical dance lessons. He has been learning Bharat Natyam since the last 8 years and has been judged by exponents in classical dance at the National Festivals held in New Delhi and Hyderabad, where he bagged the First and Second Prize respectively.

The encouragement and support of his father, whom he dotes on, immediate relatives and friends have given him boost and made him happy, loving boy. He is now looking forward to joining Dr. Kalbag's Rehabilitation Centre for Vocational Training.

One of the happiest moments of my life was when an article on Vishak and his progress appeared in the 'Times of India'. A distraught parent called me up to inform that her mentally handicapped child whom she had left with her parents in her native village – little knowing that they are educable and trainable – has since been brought to Mumbai and is now being monitored so that her development too can be fostered with proper guidance. I understand that she is responding well. Incidentally, a short documentary has been prepared and telecast by ETV on Vishak's activities. I sincerely hope that this too has encouraged some parents.

In the year 1988, with the moral support of AWMH (Association for Welfare of persons with Mental Handicap), **PODS (Parents of Down's Syndrome)** was born, an association formed by a group of dedicated parents to deal with the issues initially related to Down's Syndrome. This group has now grown multifold and also includes parents of other mentally handicapped children. The association has been conducting interactive sessions, seminars, awareness programs, summer camps etc. besides forming a strong emotional support for us parents.

There are no limits if you do not acknowledge the limitations. Remember, each child is different, unique and should be appreciated for what he is. Accept them for what they are and the world would be a better place to live and enjoy not only for our Special Children but for their anxious parents as well.

**By Mrs. Pushpa Gopinath**

## No Looking Back

I was admitted in to school directly in the 1<sup>st</sup> std. when I was five. The delay was for many reasons. Due to forceps delivery and resultant injury, I could not balance myself and co-ordinate my body movements. Doctors diagnosed it as **‘Cerebral Palsy’**. Thus started the rounds to the doctors and to Hajji Ali Centre for physiotherapy.

Also, when the time came for my school admission, most of the people advised my parents to admit me in the school for Spastic children but they felt otherwise. After much deliberation, the decision to admit me in regular school was taken. By then I was much older for nursery. But I was being taught and prepared for school at home.

My admission in ‘Balmohan Vidyamandir’ was quite sudden. At that time, the school’s principal was Shri. Dadasaheb Rege. He was known for his love for children and progressive thoughts. My mother approached him to admit me in his school. After the meeting, without batting an eyelid, Dada simply guided me to Std.1<sup>st</sup>. Thus, my studies began and I have never looked back since then!

All my school teachers were receptive towards me. Acceptability was not a problem but accessibility was sure a one. The school authorities from their side tried to help me in every possible way like till 3<sup>rd</sup> std., 10 minutes prior the break, I was taken to the toilet by school attendants. It was very embarrassing, but I had no choice. My predicament was sensed by a very thoughtful teacher-Parab Sir, who instructed all the girls that I should be going with them whenever I wanted. From then on, I was accompanied by my friends everywhere.

School elocution competitions proved to be a boon for me to shake off my inferiority complex and build self confidence. Every year I used to participate and win the prize. When some teachers objected to my being on stage, fearing I may lose balance and fall off the stage, they were reprimanded by Kusumtai. But when I won, the same teachers had the grace to congratulate me which I valued. I also wrote for the school magazines which has now helped me in my career as a journalist.

Being in the regular school definitely helped me to feel that I am one of them though different from the rest. I have no complaints against anybody because from teachers,

classmate to peons were good me and helped me. But, as a child, few incidents bothered me.

For one, I was never included in the play. When the entire class turned up on the ground I sat alone in the class. I never cried but it did hurt. Even for picnics, nobody was ready to take my responsibility, so I never went. Perhaps, now that is why, as and when any opportunity for an outing arises, my happiness knows no bounds.

Now, as a mature, adult responsible person, I do understand the situation in a perspective. The organizational constraints which the school faced and the attitudinal barriers erected by few people around me were genuine but so were my emotions of being isolated. Sometimes I wonder, what if I was in a special school? May be I would have participated in the games or gone for picnics but I would have been denied the opportunity to be with other able children of my age and interactions with them. So, I guess, it balances the score.

I completed my graduation and landed into the field the field of journalism by chance. Now I am hooked on it. Being a professional journalist, I realize the power of pen and know it is mightier than the sword. Today, nothing holds me back. Now, I am invited as a correspondent to important factions. I have carved a niche for myself as an Entertainment/ Cultural Correspondent. I choose a right mix of T.V. programs, dramas and other cultural events to report and balance my work both from home and field assignments.

All these bitter sweet experiences have made me stronger. I have learnt to sieve only the good from the bad. My parents always aspired for a normal, productive life for me and worked towards it. I can not describe their contribution in words.

My friends and colleagues have also played a very definitive role. And I will always remain grateful to my school for giving me so much and preparing me for life!

**By Sonali Deshpande**

## Everyday Is a Challenge

When **Sahil** was born on 5 September our joy knew no bounds as he was a long awaited gift from God and was the first fruit of our life. He was a healthy and active baby though he did not develop babbling till 1 ½ year. We thought, since he was the only child at home with no children in the neighborhood, may be the reason behind the delay. He happily went to a play home and played 'amongst' the children, learnt to recite nursery rhymes and speak in words. He scribbled the alphabets and numbers.

At that time we thought he was a genius since he could fix the jigsaw puzzles without being taught. We admitted him to a regular nursery school and were happy to hear from the teachers that Sahil ate on his own and did quite a few things independently, which other children could not do. But, three months later, teacher with her keen observation sensed some unusual behaviour patterns in Sahil like hand flapping, rocking and some bizarre behaviours which were not found in other children. We were told in school that Sahil would not respond to his name when called out. They thought he might have hearing difficulty. He was also self-observed and not very communicative; which was unusual and needed proper investigation.

This did not alarm us as Sahil seemed to be normal otherwise. And so we went about our lives without any tension and worries. Meanwhile, I took up a job to keep myself busy and time flew into months. My parents advised me to keep Sahil with them to take good care of him in my absence. There, he had a daily routine and would listen to music for hours and play aimlessly with toys. By this time, my brother who is a doctor noticed something amiss. When he clapped on Sahil's hand, he would not clap in return. There was no reaction for anything. So they took him to a psychiatrist, who diagnosed him as mentally retarded and asked to do some investigations. We were not informed for we might be shocked. Nonetheless, I was called back home and told to get Sahil's hearing test done.

Back in Mumbai we took Sahil to Ali Yavar Jung Hospital for Hearing check up. Thus began the rigmarole of Doctor Shopping in the hope of correct diagnosis. Every professional giving us half information, in the bargain vital time was being wasted. Exasperated, we went to our regular pediatrician. We were amazed by his poignant questions. After being answered, he referred us to Hinduja Hospital. Coincidentally, my brother in law (husband's brother) also took an appointment there with Dr. Udani who happens to be his friend. He told us to do some evaluation.

On our second visit; without wasting more of our time Dr. Udani told us that **Sahil has Autism**. It meant nothing to us at that moment.

For two years we took Sahil for various therapies but there was no improvement in him. So one day out of frustration, I stopped all the visits to the professionals and decided to help my child on my own. Though my teaching was not very systematic and methodical, I kept consistency and patience and in few days my hard work and efforts bore results. I was very thrilled and excited. I decided to get trained in autism.

I enrolled myself in a course conducted by KPAMRC-Bangalore. There I was not alone. We were 25 parents having a child with autism. The doctors who came to lecture, encouraged and boosted our morale. Dr. Nalini Menon and Mrs. Rukmini Krishnaswamy have always been reassuring and inspiring. The training of six months gave me a thorough insight into the disability and I was confident to work and help my child and other parents of children with autism.

There have been many ups and downs and struggle involved to make my son independent. Today Sahil writes 100 words in English, uses sign language along with spoken word to communicate. He can name objects, is sociable and most important, totally independent in looking after himself. He attends a special school and is doing fairly well.

We, as parents have to remember that only school teaching or therapy sessions do not bring results. Training should be throughout the day. It is not the length of the sessions that are important but how effectively one provides a conducive environment for the child to learn is more valuable. Even brief exposure and experiences can be very useful. Also, try to make this child part of the show.

This article is not intended to be just a narration of our story. I would like to share with other parents that Everyday is a Challenge. Though it is a tough task checking self stimulatory, self injurious behaviour, constantly being on one's toes and giving verbal instructions, still it is challenging to train your child.

**The best reward is to make our child independent to the best extent possible. Help him lead a life with a fair amount of dignity and be productive to the society in his own way.**

**By Mrs. Alka Baghdadi**

## Light the Candle of Confidence

Learning Disability known as LD is more common feature now than before. It is a disability where the mind works faster than the hand. I realized it a few years back when my son **Arpit** was diagnosed as having **Dyslexia**.

In his younger days I did not realize it and often wondered why he did so well orally compared to the written work. Eventually, he was diagnosed as having L.D. in the 8th std. Unknowingly, I used to write notes for him to complete his notebooks. When I learnt about it, I was shattered first but I read books and studied about it and then accepted it. I learnt various small ways to support him.

**Acceptance is the first step to be taken by parents and secondly, provide much needed emotional support to the child. One needs strength and balance which are partners in progress.**

The support of teachers and a normal environment is very important. I have been lucky to get it in his school by every office bearer. Arpit passed 10<sup>th</sup> Std. and 12<sup>th</sup> Std. with 67% and 60% respectively. They were moments of great joy for us. CHILDRreach Institute Matunga has played a very significant role in his success.

I adopted different ways to improve his performance. I made him listen to cassettes, used Dictaphone where I dictated lessons and he listened to them before every exam. I used coloured Cellophane papers. The yellow colour worked wonders. Also, I taught him to be independent. All parents should try and do different little things for them, which will lift their spirits and emotions. This helps to increase their confidence. Once this torch is ignited, there is no turning back.

Today my son is doing a full fledged Diploma Course in Travel & Tourism from Bombay University, and I am very proud of him. I must admit, that all this would not have been possible without his efforts and interest. He was very reciprocal and the support was mutual.

I urge other parents to **ARISE** and shed inactivity. Fill your child's life with rays of light and ignite the torch of confidence. Let them face sunshine so the shadows will recede. The confidence gained will impart wonderful inspiration to the possessor. The

parents should be determined to protect child's individuality and open all the avenues to life.

Today I am a fulfilled parent. I thank all who gave their support to Arpit and me.

**I believe - Light the candle of confidence. The whole world can be lit by its glow. Never let its flame burn low. The greatest courage is to bear defeat without losing heart but to rise and support at every fall. Life will shine through Hope and Hard work!**

**By Mrs.Shah**

## Focus on the Present

We named him '**Prasad**' a gift from God. Indeed he is a 'special' gift to us. Prasad has **Spinal Muscular Atrophy (SMA)** since birth. Spinal Muscular Atrophy (SMA) is one of the neuromuscular diseases. Muscles weaken and waste away (atrophy) due to degeneration of nerve cells in the spinal cord. The brain and the sensory nerves which help us to feel sensations such as touch, temperature, pain etc. are not affected and intelligence is normal.

Both my husband and myself took long time to recover once the diagnosis of SMA was told to us. We tried all, offered prayers, kept fasts, visited godmen in vain.

**Finally we realised, Prasad's will and our efforts are the only answers to his condition.**

For a year Prasad went to Spastic Society School. When we came to know about SEC Day School, Agripada, we shifted him there since it was closer to our home -BMC Staff Quarters at Byculla. SEC is a special school for children with orthopaedic handicaps. Prasad studied in this school till 7<sup>th</sup> std. They had a schoolbus for students so transport was not a problem. Still it was not so easy. Whenever we had to go out for checkups, therapy, outings it was difficult due to transport. When he was small we used to carry him, as he grew up we used stroller for few years then he started using the wheelchair. Prasad had to be carried in a cab which was sometimes difficult to come by if it was a short distance. Things were tough in all respects-physically, emotionally and monetarily, but we persisted with our efforts. Prasad was denied an admission in 9<sup>th</sup> std. by many regular integrated schools so naturally, we were glad when he was admitted in the Bhausahab Hire School notwithstanding the distance and expense it incurred. The school even arranged his class to be on the ground floor for his convenience. Prasad with a provision of a writer completed 10<sup>th</sup> std. with 86% and was among the toppers in the category of students with disability.

By attending both these schools Prasad had the best of both worlds. The SEC Day School trained and groomed Prasad from childhood. They concentrated on what Prasad could do best. He was good at drawing. He sang well. Both these activities could be pursued being on the wheelchair. He was also good in studies. He was encouraged to write poetry. Prasad participated and won prizes in umpteen fancydress, drawing and singing competitions.

All the awards mean a lot to us but 'Balashri' award conferred by Rashtriya Bal Bhavan is a very special one, for Prasad was pitted against able children of his age and he

outshone all of them on the sheer basis of his merit and talent. He went on to scale new heights. An exhibition of his paintings was arranged by Mrs. Neena Rege in the Nehru Art Gallery. ChildRaise Trust has printed Prasad's paintings in to greeting cards & are made available for public. He also bagged Kavin Care Mastery Award. Recently, a musical programme was held in Dubai wherein Prasad sang at a stretch for 3 hours. V R music Company is coming out with his music album.

We had to make a conscious decision not to pursue higher education for Prasad even though he was good in academics. He himself decided to concentrate on drawing and singing which he is good at. Now, his daily routine includes listening to good music, selecting, learning and preparing songs and adding them to his repertoire. Besides he also religiously does his 'Riyaz' to increase his stamina and voice range. He is being trained at home for music by his Guruji Shri. Pradip Joshi and for drawing by Shri. Digambar Chichkar.

At present, Prasad is recuperating from a surgery done to straighten his spine. SMA children have the tendency to develop scoliosis (curvature of the spine). This is due to weakness of the muscles supporting the bones of the spinal column and affect children who are wheelchair users. This surgery was necessary to improve his breathing function and facilitate sitting. In spite of discomfort and pain, he keeps himself fruitfully occupied by immersing himself in a creative process e.g. drawing a coverpage for this said book. He can not continue any activity for more than few minutes and needs to change the position. He has to take extra care to avoid infections, deformities and excess weight.

Prasad has learnt to take both the trials and triumphs in his stride. We as parents take every day as it comes and try to make the best of it. We have arranged our office timings in such a way that one of us is always at home with him. We do pursue our individual hobbies whenever the time permits, enjoy our occasional outings with Prasad and cherish the moments of happiness. Through media, we could reach and motivate few youngsters with handicaps, which has been our added reward. We do not worry about the future but focus on the Present. Struggle has become a way of life for all of us. At the same time, zest for life remains intact.

**By Mrs. Sharayu Nagesh Ghadi**

Note from the Author - Dear Prasad passed away in 2009.

Mrs. Sharayu Ghadi has penned a marvelous book "Flight without wings" on their life experiences with SMA. The Marathi title is "Pankhawina Bharari".

### **Face it with Fortitude**

**Divya**, is seventeen now and on the threshold of a very fulfilling life and career. Her future seems to be bright today but things were different when she was born. We were enveloped by darkness along with her. It was hard to believe that our second daughter Divya had congenital blindness. On a personal level, it was hard to bear but we, both being doctors had to face this event with fortitude.

What can not be cured must be endured. And while enduring we gave our best shot. We were not only fortunate to have resources and infrastructure at our disposal but also possessed the optimistic attitude which we utilised to her maximum advantage.

We, as parents wanted Divya to grow up as a confident, independent girl. Along with her elder sister Aditi, she was growing up as normally as possible. We did not differentiate between the two. She was admitted in a normal school, St. Peters' English Highschool in Vasai near our home.

Here, I must make a mention that Divya was supported at every step by National Association for the Blind (NAB). She studied under the Integrated education programme of NAB. They provided Braille textbooks from 1<sup>st</sup> to 10<sup>th</sup> standard. A special resource teacher visited her at school and at home regularly. Divya made right use of her inherent intelligence and complemented it with her hard work and efforts.

Her progress is very good in all spheres. She has a good ear for music. She has passed six exams in Hindustani vocal classical music of the Gandharva Mahavidyalaya. Academically, Divya is very bright.

All through her academic career she has stood first in her class and won prizes in singing, quiz and elocution competitions held in school. The efforts taken by all of us were worth when Divya topped with 88 percent in the handicapped category at the SSC Board in 2002.

We, both being doctors, Divya grew up in a family interested in medicine and patient welfare. Our elder daughter Aditi has followed our footsteps. It was but natural for Divya to develop interest in medical field. She was very keen right from the beginning to take up a career in allied field. She has now become a physiotherapist and has her own clinic.

Divya also enjoys reading, hiking, visiting hill stations etc. She plans to learn defense techniques so that she can travel without an escort. She credits her success to family support, proper guidance from teachers.

**By Dr.Mrs. Sujal Bijur**

## Silent Strength

*Without a past, we are all children  
To be grown up is to have a memory!*

Past is kept alive by few memorable moments that are etched in our minds. They give us the roots. The peculiarity is, we can be selective. We recollect pleasant memories but sometimes painful ones which are repressed, do come to the surface.

Our family was happiest when Juthika was born for she was the first girlchild in our entire household. But the happiness was shortlived. Juthika had 'Meningitis' on the 4<sup>th</sup> day. She was taken to another hospital and brought back home only after a month and a half. She was neither disturbed by the big sounds nor responded to them. We were plagued by worry. We took her to the ENT specialist. He told us to come when she turned one. Later on, when the diagnosis revealed that Juthika was “**Deaf**” we were shattered.

We couldn't accept the verdict. We went to Jaslok, wanting to hear something different but they also confirmed the diagnosis. But I will never forget the advice given by Dr. Vijay Shah. He said “The problem won't get solved by crying. You have to face the problem. Be strong, then only you can help your daughter's progress. ” I was just 21 then. It was a big blow for a young mother like me to handle but I had to collect myself for Juthika.

And so the treatment started. Since Juthika had a minor problem in the leg as well, I used to take her to COH - Haji Ali for physiotherapy. We admitted her in a special school. We were under the impression that she was doing well since there were no complaints. But suddenly one day, the principal called me to say that she was lagging behind and we should admit her in the school for hearing impaired where she can be mainly trained in lipreading and sign language. I felt very bad because we had wasted precious time. There was no use crying over spilt milk.

There was no ray of hope but our neighbour pulled me out of despair by introducing me to her friend- a speech therapist. We went to Jyotsnatai for treatment and within a month Juthika started uttering full words. We also changed the school. She started going to Pragati Vidyalaya for Deaf. Simultaneously, she was excellently tutored by Sandhyatai Apte in Maths and science. Her progress was fast.

Juthika was not academically inclined. Basically, she liked being with people. She wanted to know what they talked or why they laughed. She was good at drawing and reproducing the designs with her extraordinary eye-hand coordination. We found Juthika's vocation by chance. Once she was down with fever. Just to keep her occupied, I started teaching her embroidery. And to my sheer delight, she did it very nicely. Immediately, she was admitted in the diploma course in tailoring and embroidery. Both the courses she completed with 1<sup>st</sup> class and stood 1<sup>st</sup> in embroidery.

Slowly, we started making trousseaus, baby clothes. Soon, it turned into a profession for her. All the delicate, fine work she handled on her own. In addition, she started pot painting, handicraft classes for children. She enjoyed every bit of it.

By this time, Juthika was of marriable age and we were in search of a suitable groom for her. Very fortunately, we came across a boy- Shivanand Chavan. We found him to be very genuine, intelligent and resourceful person. And they both decided to get married. He has never let his handicap of being deaf hinder his way. With his mother's great support and his intense efforts he has been able to attend the normal school and has passed 10<sup>th</sup>, 12<sup>th</sup> and Degree exam being 1<sup>st</sup> in class. At present he is working for the Railways. We are very fond and proud of him.

Juthika has settled down in her matrimonial home with ease. She is an ideal homemaker. And now, our happiness knows no bounds since Radha, their daughter has arrived.

**By Mrs.Vandana Shinde**

## **Prasad Ghadi**

Prasad, a teenager with a difference, is a son of Mr. Nagesh and Mrs. Sharayu Ghadi. The book cover & the paintings in the book not only reveal his artistic abilities but also a triumph of his indomitable spirit.

Due to Spinal Muscular Atrophy (SMA) he was a wheel chair user since childhood. But with extraordinary support from his parents, schools, classmates, he completed SSC with flying colours. Extremely proficient in music & concert singing in, Prasad is a Shining example to follow.

**P.S** Prasad finally succumbed to SMA in 2009. ChildRaise pays tribute to his spirit which will continue to inspire us.

## **Sahil**

The pencil sketches in the book are done by Sahil Baghdadi. In his late twenties, Sahil keeps to himself. He communicates to the world through his drawings.

He was diagnosed as having Autism in preschool years. Parental involvement, specialised training in the school, consistent discipline has made him what he is today. His enthusiasm to draw, create handicrafts is remarkable. He loves to dabble in cooking.



## Challenge

The mentally challenged adolescent has a different struggle from that of a younger mentally challenged child. When he is young, the parents are grappling with the acceptance of their handicap, their special education, rehab programs, adjustment with the environment and peer acceptance.

When he becomes an adolescent the needs change. It is important to know that the physical growth is not hampered, so also the sexual growth. **The sexual growth goes hand in hand with the chronological age.** Therefore one is faced with an awkward boy/girl of 15-16 years fully developed physically and sexually with a mental age of only 4-5 years. They do not understand the developmental changes taking place in their bodies.

They tend to explore their body parts, manipulate their genitals, peep over the shoulder or through partly closed doors to see another person changing, tend to brush others clumsily, giggle or observe closely love scenes on the TV screen and sometimes even get excited by them. These individuals have an unmet need for sexual knowledge. The caregivers and parents snub and offer a negative attitude and so their sexuality is either ignored or perceived as a problem. Available sex education programs are generally concerned with providing information on a limited range of subjects and their effectiveness is dubious.

In the following article I am posing certain facts and views which are voiced in the Indian and Western literature. They are not my personal views. How far our society can accept it or modify the ideas to suit our cultural pattern is left to be seen. There is no platform which have identified and sought a solution to these issues. The article is mainly to arouse the caretakers and caregivers to consider these facts on humanitarian grounds and start a thought process which may lead to a consensus opinion to ease out the issue at hand.

1. Men and women who are profoundly mentally disabled are rarely sexually active. However, most people with mild intellectual disabilities are as interested in having sexual relationships as members of the general population. Furthermore, their fertility generally is not compromised.

2. Sexuality is a human right that is important to all individuals regardless of age, gender, orientation, or developmental level. Sexuality is closely related to a person's self-concept and self-esteem. Individuals with intellectual deficit have a right to sexuality and sexual expression. Nevertheless, persons with ID have historically been denied this right, and many structural and attitudinal barriers exist to their healthy sexuality. Paradigms in sexuality education have shifted toward recognizing sexuality as a human right, a major life resource, and an integral part of one's makeup. To broadly address the development of healthy sexuality for individuals with ID, the issue needs to be normalized, not ignored or avoided; which means involving parents, staff, and professionals. Working with parents to overcome parental overprotection and social isolation is critical.
3. Techniques should be identified that staff of agencies serving adults or adolescents with mental retardation would enable them to provide systematic sex education and counselling. Recommendations and structured program should be drawn as to how to provide systematic sex education and counselling for individuals with mental retardation. Suggestions should be invited.
4. There is growing recognition that children, adolescents, and adults who are mentally retarded are particularly vulnerable to sexual abuse and exploitation and are in need of intervention services. These people are especially vulnerable due to the often life-long dependence on caregivers, relatively powerless position in society, emotional and social insecurities, and lack of education regarding sexuality and sexual abuse. In addition the mental health functioning and emotional development of individuals who are mentally retarded are not well understood, and many professionals remain uneducated about their mental health needs. The challenge for mental health professionals and educators is to protect persons who are mentally retarded from sexual abuse and exploitation, to provide appropriate psychotherapeutic interventions when abuse occurs, to respect their right to developmentally appropriate knowledge about sexuality and sexual abuse, and to allow for the fulfilment of their sexuality. Child sexual abuse often begins gradually with non-sexual touch like pinching, patting and hugging. This is permitted by the child since it is non-threatening and even pleasurable. Gradually, the perpetrator moves on to the more sexual touches. If the children are intellectually disabled, he takes more advantage to abuse the child by offering sweets. Child will not be in a position to understand immediately that there is something wrong with the act engaged in. Individuals with normal intelligence express their sexual feelings in a socially acceptable manner. Individuals with

mental retardation cannot do so because of inadequate intellectual potentialities. Hence, they may express their sexual feelings in a different or deviant way. Ex. masturbating in public, touching other's body parts rubbing etc. As a result of this, some mentally retarded children may end -up being sexually abused or exhibit inappropriate sexual behaviors. This creates embarrassment to the parents and caretakers. These children express their sexual needs by touching, embracing, kissing, fondling, rubbing and masturbating.

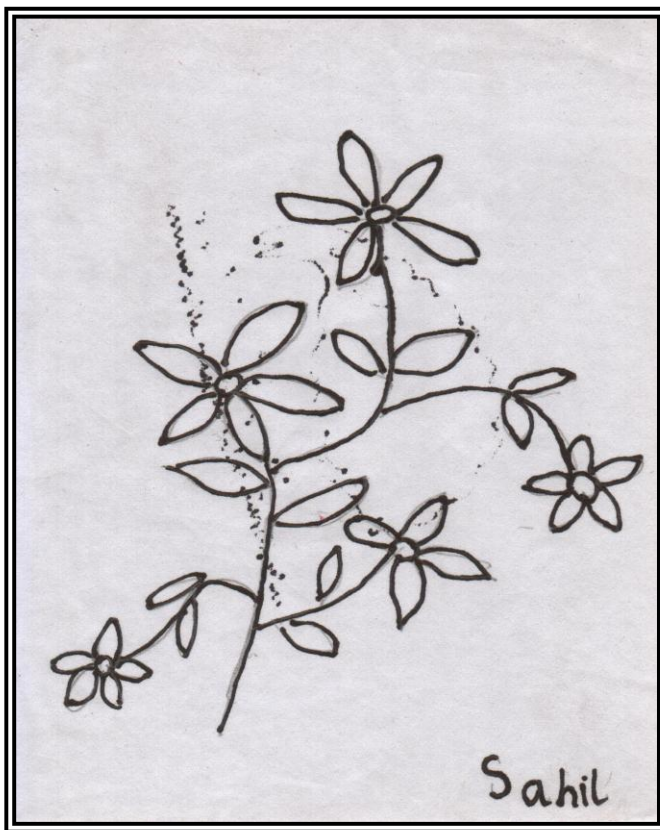
5. Is sex between people with "mental retardation" morally permissible and, if at all, under what conditions? This is only with regard to sex between biologically mature individuals with mild or moderate mental retardation. It is argued that the liberal principle of mutual consent, if taken as a necessary condition of permissible sex, has unacceptable consequences for people with mental retardation. Many forms of sex between them would be morally impermissible, given the fact that their limited powers of practical reasoning will often make valid consent well-nigh impossible. As an alternative to the liberal principle of permissible sex, conditions are specified that include the additional consent of caretakers. If people with mental retardation do not have the capacities of practical deliberation required for valid consent, care providers with mature reasoning powers should act as their substitutes. Parents can provide opportunities for their sons and daughters to network and form meaningful personal relationships, with peers including encouraging association with peers outside of school or work hours. Some important implications for the moral education of future care professionals should be spelled out.

There is a serious difficulty in identifying which individuals belong to the class of the mentally retarded. However, under certain circumstances, it would seem morally permissible to sterilize some mildly retarded people without their consent. Involuntary sterilization might be in the best interest of the people who, while capable of engaging in and enjoying sex, would not be able to bear the physiological and psychological stresses connected with pregnancy, delivery and child raising.

These people have great difficulty in managing non permanent forms of contraception, therefore sterilization could be the only responsible contraceptive choice. Also, involuntary sterilization in the right cases would foster, rather than deny, the membership of the mildly mentally retarded in the moral community, and enhance the dignity of their position. Policies regarding these positions should come ideally from the political process. In our country where politicians are struggling for power, it is

only committed organisations for the upliftment of the mentally challenged who can come forward to initiate a dialogue between caretakers, caregivers, professionals, sex educators and some policy makers to sow the seed of these issues which are at present swept beneath the carpet.

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## Journey of the Author



**Kavita Shanbhag** is a psychology Graduate from Mumbai University & did her B.ED in Special Education from S.N.D.T Women's University, Mumbai, M.S. in counseling from I.P.M.S. She has a fellowship from PUKAR & is a certified Arts Based Therapist. She has been actively involved in rehabilitating children and adults with disabilities since 1993.

An employee of Reserve Bank of India, a trained classical singer, an accomplished actress, Kavita was busy donning many hats. While attaining motherhood, Kavita developed seizure disorder commonly known as epilepsy /fits.

### And her Journey began....

Kavita joined Samman Association, Indian Epilepsy Association (IEA), Mumbai Chapter. She has presented several papers on Epilepsy & represented IEA in India and abroad. She volunteers as Epilepsy Educator on Life Line Express(Hospital on the Train) Epilepsy clinics.

Sensing the need for a comprehensive information for children with multiple disabilities, Kavita started "[www.childraise.com](http://www.childraise.com)", a cross-disability website committed to the empowerment of children & adults with Special Needs in 2001. For the same purpose, she established ChildRaise Trust. After quitting her job at RBI, she devotes her time being the Managing Trustee of ChildRaise. Under its banner the Trust offers various services such as [www.childraise.com](http://www.childraise.com), ChildRaise Centre, DISHA - Disability Information Services : Helpline & Assistance, Toll free No. :1800-22-1203 & Publication of ChildRaise Resource Guide for Children with Special Needs.- "Journey to Empowerment".

Her travelogue includes experiences of a person with epilepsy, facilitator of a support group, a concerned parent of children being 'At Risk', Special Educator, Remedial Therapist and an Activist. For her service, Kavita has received an award "Saraswat Ratna" from Parijnan Parivar & ChildRaise Trust has received an Award from Digital Empowerment Foundation, Delhi, for Communication & Outreach.



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